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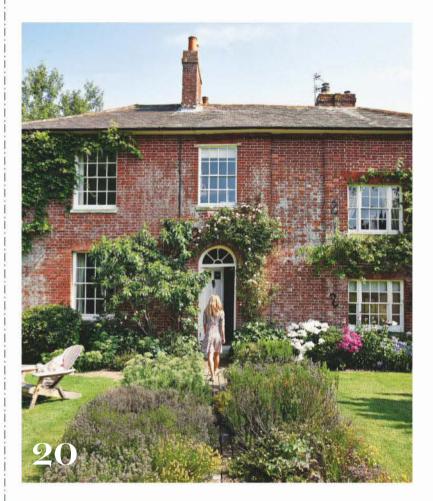
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Country homes

- 20 •East Sussex farmhouse
 Abundant floral prints and soft
 colours create a shabby chic feel
- Gloucestershire country house Scandinavian and French styles blend beautifully in a Cotswold stone farmhouse
- 38 •Oxfordshire cottage
 Upcycling and vintage treasures
 bring warmth to a converted
 bakehouse with original features
- 46 •West Sussex new-build
 A yachting adventure inspired
 the design of a coastal home with
 views across to the Isle of Wight

PLUS Get-the-look ideas for every home

Interiors & inspiration

- 8 August The things we can't live without
- 13 Home notes
- 54 •Blooming lovely! Give classic botanical motifs a modern country twist with pared-down furniture
- 64 Gone exploring Smart buys for picnics and family days out
- 95 The Country Decorator Create a feature with beams

Creative crafts

70 Scents of summer Make natural fragrances to sweeten rooms and linen cupboards

Home improvements

81 • Projects, plans & dreams Showers and wet rooms, beds for children, dishwashers »



• ON THE COVER







Seasonal food

- 17 Food notes
- Happy hampers Delicious sweet and savoury food to pack for summer picnics

Lifestyle

- 18 Out & about notes
- 76 My kind of country
 Award-winning gardener Sarah
 Wain lives and works at West
 Dean Gardens in West Sussex
- 107 10 ways to make life lovely Happy thoughts and ideas for fashion, eco, travel and more
- 126 My country business
 Catherine Turner's love of
 cycling inspired her to start
 a company selling hand-built
 bicycles and their accessories
- 146 My favourite view
 Restaurateur Mitch Tonks enjoys looking out from Berry Head on the English Riviera in Devon

Gardens

- 14 Garden notes
- 98 Artfully natural A Cornish garden, designed to provide food and fuel, shows off its owner's eye for colour and structure

Just for you

- 75 Save 15% at Vanessa
 Arbuthnott on country-style
 fabrics and wallpapers
- 111 Travel offer Book an escorted tour of the Italian lakes
- 112 Subscribe to Country Homes & Interiors
- 114 Plant offer Order wallflowers and jasmine for your garden

Regulars

- 133 Shopping directory All the contact details and websites featured in this issue
- 135 Coming next issue



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• ON THE COVER





ME AND MY MORSØ...

It's about delicious summer evenings. The gentle crackle of a real fire and the aroma of freshly cooked food. It's about good friends, lots of laughter and an afternoon you wish could go on forever.

Bring Scandinavian style outside this year.











Come into our world...







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COUNTRY HOMES

Blue Fin Building, 110 Southwark Street, London SE1 OSU **Telephone** 020 3148 5000 **Email** countryhomes@timeinc.com

Editor

Rhoda Parry

Deputy Editor

Jane Akers 020 3148 7313

Creative Director

Emma Williams 020 3148 7184

Houses Editor

Vivienne Ayers 020 3148 7194

Acting Shopping Editor

Holly Phillips 020 3148 7195

Style Writer

Tara King 020 3148 7196

Editorial Assistant

Columba Colivet 020 3148 7190

Contributing Editor

Sara Bird (Style)

Chief Sub Editor

Anne Esden 020 3148 7188

Senior Sub Editors

Ruth Farnsworth 020 3148 7189; Marian McNamara 020 3148 7192; Susan Shepherd 020 3148 7187

Art Editor

Meredith Davies 020 3148 7186

Designer

Stephanie Allingham 020 3148 7898

Editorial Production Manager

Nicola Tillman 020 3148 7891 Art Production Designer

Chris Saggers 020 3148 7896

Marketing

Marketing Manager Alison Watson 020 3148 7685

Publishing

Managing Director Fiona Dent 020 3148 5651

PA to Managing Director Lizzie Shepperson 020 3148 5651

Publishing Director Yvonne Ramsden 020 3148 7311

Assistant to Publishing Director Vera Purbrick 020 3148 7311

Publisher Belinda Cooper 020 3148 7666

Head of Client Partnerships Alex Russell 020 3148 7570

Production

Group Production Manager Steve Twort 020 3148 5439
Production Manager Alan Taylor 020 3148 5441
Issue Planner/Production Controller Nicholas Liermann 020 3148 3719
Digital Producer Andrew Howe 020 3148 3366

Circulation

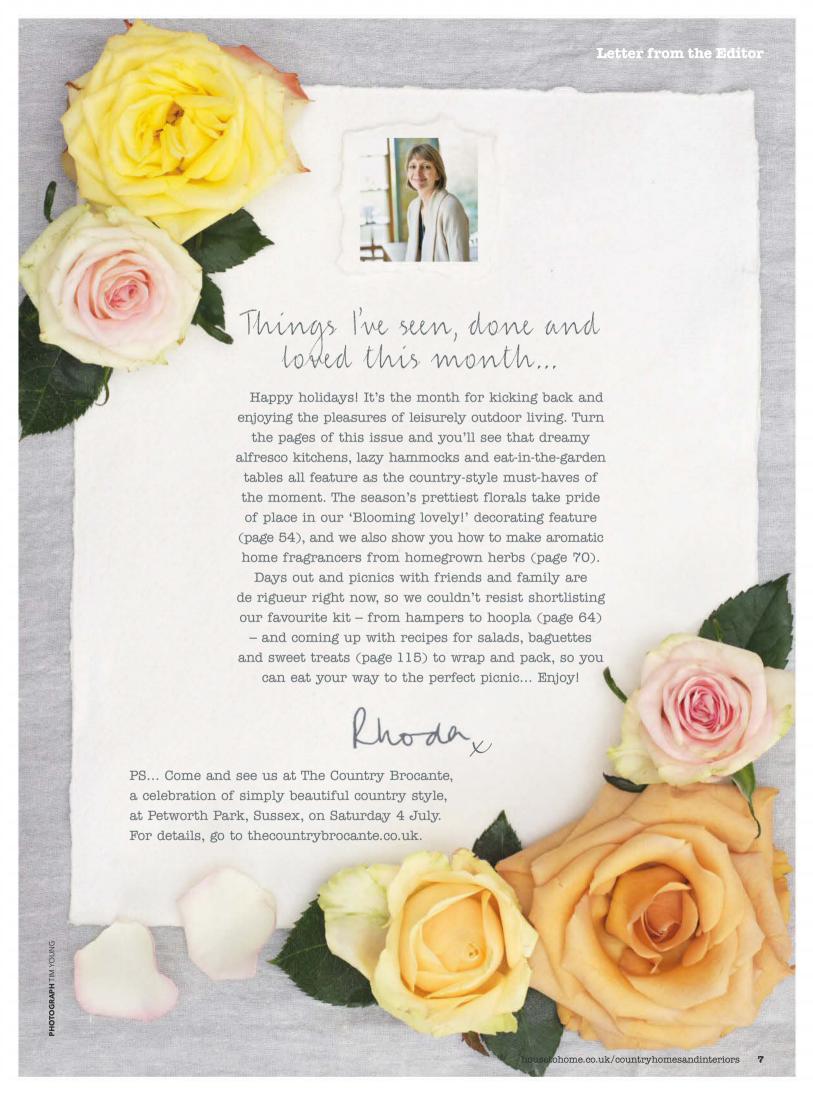
Circulation Manager Paul Burden 020 3148 3454

Advertising

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PA to Commercial Director Lucie Gillespie 020 3148 7641
Advertisement and London Sales Manager Ruth Roscorla 020 3148 7639
Senior Account Managers Nancy Phillips; Dave Harvey 020 3148 7640
International/Luxury Account Manager Carole Bunce 020 3148 7620
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Creative Media Director Matt Downs 020 3148 3681
Projects Director Hannah Spice 020 3148 3623
Creative Media Manager Sue Valentine 020 3148 7630
Insert Sales Canopy Media Lindsay Martin 0845 544 1857
Assistant Syndication Manager Efi Mandrides 020 3148 5485

Regional Advertising

Regional Sales Director Katrina Hutchison 0161 601 3720 Group Head (Inserts) Amanda Dean 0161 601 3725







Cooling down with ice-cold water infused with cumber

Tuscany champagne **glasses**, £7 each; **jug**, from a selection, The White Company.



Beautifully crafted containers for dressing the garden. Tall wicker and zinc **planters,** £65 for 2 assorted, Cox & Cox.





1 A colourful tray for serving afternoon tea. My Garden tray, W27cm, £18, Berry Red. **2 Inviting feathered friends into the garden.** Enamel bird feeder, H11cm, £8.95, Dotcomgiftshop. **3 Pretty porcelain.** Evie jugs, H10cm, £42 each, Rowan & Wren. **4 Carrying sauces and marinades outside with ease.** Willow condiments holder, H24.5cm, £5, Sainsbury's. **5 Timeless travel accessories.** Tweed weekender bag, H32xW46xD24cm, £75, English Heritage. **>>**



To the state of th

6 Fine china for garden parties. Rosie Lee plate, £20, Ted Baker for Portmeirion. 7 Decorative picnicware. Melamine bowl, £8.99; cup, £4.50, Rice. 8 Somewhere to sit outside in a sunny spot. Display stool, H37, £48, Grand Illusions. 9 Embracing on-trend mint - the shade of the summer. Mug, £14, Le Creuset at John Lewis. 10 Pretty storage for homemade lemonade. Wooden box, H10xW44xD22cm, £30, GreenGate at The Happy Hen House.

See it, do it, love it

Fly a kite at Bristol's International Kite Festival – this fun day out for all the family has kite-making workshops and air displays, 22-23 August, kite-festival.org.uk.

Care for our coastlines by taking part in a national beach-cleaning event. Visit mcsuk.org for details.

Spot beautiful butterflies on a guided walk along an old railway trail taking in Dorset's scenic countryside on the way, 2 August, dorsetbutterflies.com.

Explore tranquil
Welsh waterways on a
traditional narrowboat holiday
– no sailing experience required!
Visit beaconparkboats.com.



Preparing a pile of fluffy towers for guests

Shiny Weft **towels**, from £5 each; Scallop Lace Edge **towels**, from £8 each; glass **jars**, from £6 each, all Holly Willoughby For The Home at BHS.





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Home notes



MEET OUR FAVOURITE DESIGNER MAKER

Alice Shields

Illustrator and ceramicist Alice makes playful home accessories at her studio in Somerset.

What made you want to become a designer? I've always loved drawing and discovered a passion for ceramics on my foundation course, so decided to combine the two. Friends and family liked what I was making, which motivated me to carry on.

What inspires you? Colour, people, snatches of overheard conversation, walks in the countryside, trips to the coast, drawing... all sorts.

Where do you work? I rent a space in a ceramics studio with 20 other craftspeople. It's full to the brim with boxes, bubble wrap and freshly rolled clay. I love it - it feels like a second home.

What makes your business special? I like my customers to feel relaxed. Humour and colour play a key role - my earthenware door signs always raise a smile and my bird coasters (above), £12 each, never fail to delight. What's next? I am working on a new range of brightly coloured porcelain jewellery and homewares, both of which are proving to be very exciting.

Describe your creative style in three words. Fun, humorous.



colourful.
For more
information
about Alice's
designs, visit
alice-shields.
co.uk.



Love fish prints...

These cheerful Cath Kidston cotton fabrics that celebrate nature are among our favourite designs this season. The River Fish collection, inspired by freshwater life found in the streams and rivers near the designer's Cotswold home, features hand-drawn fish and aquatic plants in white on pastel shades or in rainbow colours on a white background. The motifs also appear on a range of Cath Kidston china and home accessories. All sit beautifully alongside co-ordinating ditsy florals and wicker-style plains.



WE WANT THESE NOW...
Pop tealights into pretty votives, £9 for three, from the new
Country Cottage collection at
Next. Embossed with delicate
flora and fauna motifs, they
would make charming additions
to country sideboards and sills.



Book of the month

Designer and creator of shabby chic Rachel Ashwell shows you how to make the most of vintage treasures and flea-market finds in her latest book, *The World of Shabby Chic* (£27, Rizzoli). Inspiring pictures and insider style tips accompany her life story as the pioneer of this interiors trend.



Classic styles that look great in any country home. 1 BRAMLEY, H200xW159x D53cm, £1,600, Laura Ashley. 2 CHICHESTER, H209x W163xD49cm, £2,195, Neptune.

3 MONTAGUE, H195x W150xD45cm, £925, The Cotswold Company.



MEET OUR FAVOURITE TROPICAL PLANT EXPERT

James Wong

Ethno-botanist, TV presenter, garden designer and twice Chelsea Gold medal winner, James loves exotic plants.

What's the secret to tropical plant success here? Become adept at fakery! 'Tropical' UK gardening is about cheating the convincing look of warmer climes. Lots of hardy plants look exotic, from ornamental rhubarbs to the quirkier rhododendrons and bamboos. Even native ferns and mosses blend into an exotic scheme, with a hardy palm or tree fern to trick the viewer into thinking it's come from Kew Gardens.

In your tropical Chelsea gardens what worked best? Besides the towering rainforest palms and rare orchids, visitors were excited by the living walls. Yet these weren't tropical but comprised common temperate species. A favourite was a mix of saxifrage, hardy ferns and mind-your-own-business. With lush planting, these work as

well in Bedfordshire as Bali. Which tropical-style plants overwinter outdoors? The

Chusan palm (above) with its fan-shaped leaves is hardy to -20°C. Also try hardy orchids,



from pleiones to bletillas, hailing from cool Asian woodlands. Visit james wong.co.uk.



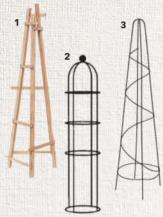
Become a seed hunter

It's time to forage for seed from plants that have finished flowering. Choose a dry, windless day and look for seed pods about to split. Cut the seed heads and invert into a paper bag. Close the bag, without crushing the seed heads, and label. Pop the bag in a dry place so seeds can ripen further. When the pods open, tip out contents on a dry surface and separate seeds from seed heads. Store the cleaned seed in an envelope, seal and label. Keep in a cool, dry place until ready for use. Your plant collection will have trebled at no extra cost!



WE WANT THESE NOW... A handy gardener's pouch with deep pockets in washable hemp, H32xW23cm, £25; trowel, £32; hoe, £40, all Implementations.

Country best Obelisks



Let climbers reach for the sky... 1 NATURAL WOODEN SHARD, H150xW41cm, £52.99, Crocus. 2 ROUND WIRE COLUMN, H205 xW47cm, £74, Harrod Horticultural. 3 WIRE SPIRAL OBELISK, H150x W30cm, £17.99, Waitrose Garden.



WOW-FACTOR PLANT

'Pineapple Princess Glitter'

For those who love a bit of sparkle in their life comes Eucomis 'Pineapple Princess Glitter'. Launched this year by Wyevale Nurseries, the tall purple flower spikes of this pineapple lily open to reveal glittery gold stems that truly do shine in the sunshine! It will thrive in a sunny position and is frost hardy in the south, but may need protection in northern parts. £12.99, Wyevale Nurseries.

TO DO THIS MONTH... It's been a good year for wisteria, but now is the time to prune it. Carry on deadheading flowering plants and water containers regularly, using collected rain water if possible.



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It's summer, so everyone wants a barbie. The kids NEED ice cream. And your guests would love an ice-cold beer, or six.

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Like this Samsung with a clever Cool Select Plus Zone $^{\text{\tiny M}}$ which opens the door to the ultimate in flexible cooling. It lets you choose to have more fridge, OR more freezer. So you can always chill more Prosecco, or freeze more ice cream.

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Food notes



MEET OUR FAVOURITE ARTISAN SALT PRODUCER

Steven Osborne

Ask a top chef about salt, and Maldon Sea Salt Flakes will almost certainly be their favourite. Maldon Salt Company was established in 1882 and is now in the hands of Steven Osborne, the fourth generation of the founder's family. The salt is still produced in the traditional way at the Maldon salt works on the East coast.

What makes your salt special? So much of salt's flavour lies in the shape of the crystals and how they are experienced on the tongue. Maldon salt flakes release their saltiness with a sweet precision, adding extra texture and crunch.

You won't believe it but... Legend has it that salt was first made in Maldon nearly 2,000 years ago when the slaves of a local Roman garrison commander overheated his bathwater, inadvertently discovering a new method of producing salt from seawater.

Any top serving tips? Take a generous pinch between your thumb and middle finger and add

almost everything else besides. **Have you won any awards?**Maldon Salt was granted the
Royal Warrant in 2012. This is not technically an award of course,

to roast potatoes, chips, salads and



but we were still very proud to receive it!
For more information, visit maldonsalt. co.uk or call 01621 853315.



Go with the currants

There's more to redcurrants than just a pretty truss to be used as a garnish. Delicious in summer puddings, berry compotes and trifle, tangy redcurrants also taste wonderful in sorbets and rippled through parfaits. They lend zing to savoury dishes, too, in jellies, sauces and gravies to accompany roasts, while a handful scattered over a beetroot and goat's cheese salad works a treat. Try this dressing drizzled over salads: whisk 4 tbsp orange juice, 1 tbsp red wine vinegar, 4 tbsp walnut oil and 1 tsp wholegrain mustard. Stir in a punnet of redcurrants and season to taste.

Book of the month

Calling all foragers! With 400-plus recipes using almost 100 plants, *Edible Wild Plants & Herbs* by Pamela Michael is a field guide, too, illustrating the edible parts of plants at peak picking times. A must-have for country dwellers (£15, Grub Street).



WE WANT THIS NOW... Made to a family recipe in Co Cork, Glenilen Farm Lemonade Cordial contains freshly squeezed lemons, sugar, water and nothing else. It dilutes to make 5 litres of lemonade. Serve with ice, sliced lemon and mint. £4.25 for 1L. Ocado and independents.

Country best
Mini
barbeques



Small but perfectly formed...

1 LOTUS INSTANT BARBECUE
WITH TURBO FAN, £129;
optional grill hood, £49; pizza
stone set, £55, Cuckooland.com.

2 WITTERINGS BARBECUE,
£35, Garden Trading.

3 CERAMIC BARBECOOK
TABLETOP BARBECUE,
£129.99, Lakeland.

Out & about



MEET OUR FAVOURITE SHOP OWNERS John Tanner and Richard Swallow

What inspired you to open Tanner & Lawson? We started out with a shop in London, then Richard came across a converted old forge with a south-facing courtyard in the beautiful village of Burnham Market in North Norfolk. Within just a few months we were heading towards the coast of East Anglia...

How would you describe the shop's style? We showcase work by British makers and contemporary fine artists to create an exciting retail experience. Eclectic displays might feature a large abstract oil by Jane Lewis hanging above a dark Jacobean console table, on top of which sits a vibrant red table lamp by Marianna Kennedy. What makes your shop so special? We combine the

shop with a gallery exhibition space. Buying fine art can be an intimidating experience, especially for the first time, but we have created a relaxed environment in which to do it.

Tanner & Lawson, The Old Forge, North Street, Burnham Market,



Norfolk PE31 8HG, 01328 738410. tanner lawson. co.uk.



Head to a music festival

Gather with friends and family to enjoy the many delights on offer at one of these great summer festivals. Be inspired by musicians, artists, writers and chefs at Port Eliot (above) in Cornwall (30 July to 2 August, porteliotfestival.com). The Wickham Festival in Hampshire (6-9 August, wickhamfestival.co.uk) prides itself on being family friendly with music plus puppet theatre, crafts and film. Newcomer Northbound, which takes place in Cumbria, promises fantastic affordable entertainment, including local and emerging artists, delicious homemade food and a silent disco (7-9 August, northboundfestival.co.uk).

Country best Wild

swimming

Take a dip in one of our top three swim-friendly rivers and lakes (from wildswimming.co.uk).

SANTON DOWNHAM VILLAGE, LITTLE OUSE

On the Norfolk/Suffolk borders, this pretty chalk stream runs through Thetford Forest. Swim under the local bridge and past the village hall, then downstream by the river path.

KING'S HAT, BEAULIEU RIVER Perfect for families, these calm and shallow waters set in the enchanting New Forest of Hampshire also have beautiful woodlands to explore nearby.

KINDER SCOUT, **MERMAID'S POOL**

Best for seasoned wild swimmers, this salty Peak District pool offers great rocky views of The Roaches.



• ON COURSE... Bring your business ideas to life at a residential workshop in the Cotswolds for creative entrepreneurs. Led by photographer and stylist Lyndsey James, the course runs from 22 to 24 September and costs £595. To apply, visit lyndsey-james.co.uk/escape.

Make it Franquil



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East Sussex farmhouse







What we love most about living here...

'The space – inside and out – the woods, river, fields and animals on our doorstep. We see deer most days'











It was a classic case of finding a dream house in the country and wanting to give their children an idvllic rural childhood that led Rebecca and Bill Collison to move from their cottage in Lewes closer to the rolling scenery of the East Sussex coast. When they first saw the house, they knew it was the one for them. 'I adore old houses,' says Rebecca, 'and this house has a lovely flow internally. I loved the different periods, depending on which part you are in - oak beams and lower ceilings in some areas, sash windows and high ceilings in the Georgian part. Also, most of the rooms have more than one aspect and pretty views.'

The sale, however, wasn't without its hiccups. 'The house went to sealed bids and we didn't get it,' says Rebecca. 'We looked at 15 other houses afterwards, but none was right, so I kept phoning the estate agent to find out if the sale was still going through. About two months after we'd put in a sealed bid, we got a phone call to say the buyers had pulled out and, as we were second on the list, the house was ours!' The family moved in when youngest son Bertie was just three weeks old.

The house was in a good state of repair, but the couple wanted to put their stamp on it. 'Some of the fireplaces were too modern. I like traditional features, so we wanted to take them out and replace them with period ones,' says Rebecca. 'I also wanted to change the modern bathroom and shower room.'

In addition, the tiny kitchen at the back needed reworking. 'I'd inherited an Aga, which I was thrilled about, but wanted a big family kitchen,' says Rebecca. Fortunately, behind the kitchen was the original bakehouse, which had been turned into a garage for a tractor. 'We knew we could make it part of the kitchen, so asked the conservation officer what we'd be allowed to do.' The bakehouse was renovated and insulated, and the broken brick floor replaced. With its vaulted ceiling, beams and original baker's oven that now houses a woodburner, it makes a dramatic space. A modern glass link was built to connect the bakehouse to the kitchen, which ushers in daylight.

The house was renovated slowly with rooms redecorated and marble fireplaces installed to enhance the period charm. A new bathroom was created with a roll-top bath as its focal point.

Rebecca's signature style of floral prints and retro finds is in evidence throughout. 'I love antiques fairs and boot sales,' she says. 'Almost everything has been collected from auction houses, antiques fairs, boot sales and antiques shops. I'll buy new pieces and resell the old. Everyone laughs at me, as I'm renowned for never being able to resist a piece of china, floral vintage fabric or flowery painting - especially since I have three boys!' >>



At home with...

Owners Rebecca (above) and Bill Collison, who live here with their sons, George, 20, Alfie, 16, and Bertie, 11, plus Dachshund/ Maltese Frank. Rebecca, Bill and Rebecca's sister Tania founded Bill's restaurants, which Bill still runs. The Collisons moved in 11 years ago.

House A six-bedroom Grade-II-listed pre-Georgian farmhouse, with Georgian additions.

On our doorstep...

Visit... 'The Sussex Downs, and take in the views around Birling Gap (01323 423197, national trust.org.uk) also the Seven Sisters Country Park. It's a great day out as you can enjoy the impressive chalk cliffs and the sea, and cycle round Friston Forest (forestry.gov.uk/fristonforest).'

Shop at... 'Marmalade (01273 606138, cafemarmalade.co.uk), a deli/café in Kemptown, Brighton, which sells fabulous food.'

Go for a meal at... 'The Ram Inn (01273 858222, raminn.co.uk) in Firle, a beautiful village where my mum grew up. The Downs are nearby for bracing walks. The pub is child- and dog-

friendly and serves great meals!'

East Sussex farmhouse







What makes this house a home...

'The kitchen diner is the focal point of the house. The boys do their homework by choice at the kitchen table rather than in their bedrooms'





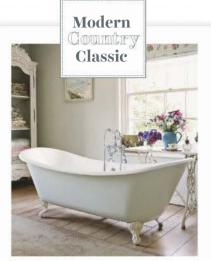




Rebecca's bathroom



1 Chateauneuf armchair, H98xW60xD67cm, £280, The French Bedroom Company. 2 Cameo Rose fabric, £62 m, Kate Forman. 3 Chateau showcase, H236xW110xD49cm, col Antique White, £1,070, Crown French Furniture. 4 Britannia Summer Centrepiece faux flowers and vase, £169, Bloom. 5 Osborne & Little Persian Garden cushion, 50cm sq, col Purple, £100, Amara. 6 Victoriana traditional rug, 200x140cm, col Gold, £270, Laura Ashley. 7 Imperial Sheraton cast-iron slipper bath, H79xW180xD77cm, £2,620, Bathroom Village.



Ball and claw-foot bath

Ornate feet are the classic choice for a stylish roll top.

Need to know...

For centuries, the ball and claw design has propped up the base of furniture and dining table silverware alike, but it's at its most magnificent when supporting a roll-top bath. It's a practical choice, too, allowing access to the plumbing beneath. Variations on the ball and claw foot include scroll feet and simpler 'deco' designs. Find them in chrome, nickel or painted finishes.

Where to buy...

- Bathstore for an acrylic/stone resin bath with traditional feet.
 - Drummonds for a roll top with scroll feet.

Find the perfect oakfloor





1 White Washed Vanilla, £47.99 sq m; **2** Luxury Antique, £41.99 sq m; **3** Vintage Carved, £49.99 sq m, all Direct Wood Flooring.



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Gloucestershire country house





 $\it Kitchen$ Once a pair of small rooms, this bright space now incorporates the dining area, left, and is perfect for family meals and entertaining, while the island is handy for eating breakfast. Stools, similar from John Lewis.

Living room Walls and furniture in pale colours let the beams take centre stage, so Polly painted the coffee table to give it a Scandinavianstyle finish. Chalk paint, Annie Sloan. **Sofa**, Sofa.com. Cushions, Station Mill Antiques.

Having rented in and near the Cotswolds

for eight years, Polly and Alex Oswald had moved house frequently because nowhere really felt like home. 'We were a little sceptical about the recently converted 16th-century farmhouse that the estate agent's brochure told us would make a perfect family home,' says Polly, 'especially as it did actually look pretty close to perfect.'

It was the splendid garden that ticked Polly's first box. With two little girls at the time, she was longing for a safe, enclosed outdoor space for her children to play in. This one, with the benefit of its beautiful borders and amazing views, exceeded all expectations.

Inside the house, the country charm continued. The couple have amassed quite a collection of furniture, artwork and many unique pieces made, painted or restored by Polly, but until now nowhere had offered quite the right backdrop for her particular style. However, the farmhouse with its lovely period features and generous proportions was the perfect blank canvas.

As the couple viewed the house, they mentally ticked off many things on their checklist: a spacious kitchen with utility room, a large playroom next to the kitchen, and a lovely living room. The upstairs layout, too, was just right, with enough bedrooms on the first floor for their growing family, and the bonus of spare rooms in the attic.

The owner of the house told Polly that the property had been a complete shambles when she first saw it, in >>

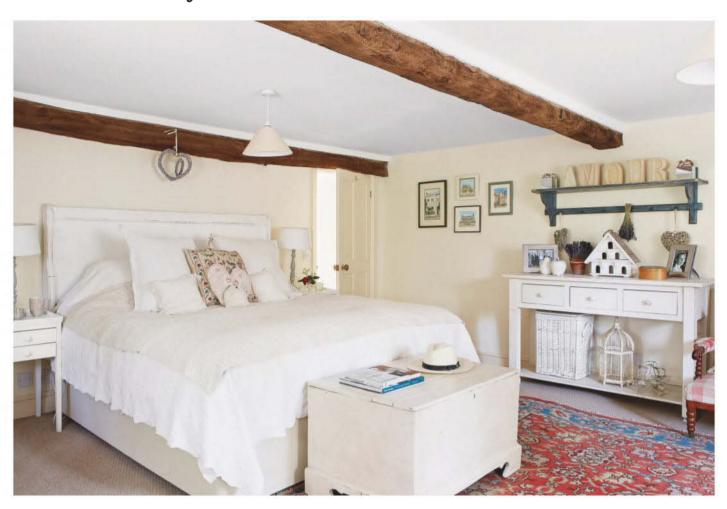


At home with...

Tenants Polly Oswald, who runs Cotswold Candles and her husband Alex, a graphic designer. They live here with Molly, seven, Martha, five, Archie, one, and Spaniel Bella. House Five-bedroom former farmhouse dating back to the 16th century.

33

Gloucestershire country house



On our doorstep...

Visit... 'Burford Garden Company (01993 823117, burford.co.uk) near Burford. It's a wonderful source of inspiration throughout the seasons, and has a good restaurant and play area.'

Shop at... 'Lambournes Butchers (01451 830630, lambournesbutchers.co.uk) in Stow-on-the-Wold, for local produce and delicious cheeses.'

Go for a meal at... 'The King's Head Inn (01608 658365 kingsheadinn.net) in Bledington. A quintessentially English country pub by a stream in a pretty Cotswold village, the food is exceptional and it has a beautiful garden for summer dining.'

2001. It had been a mixed livestock farm at one time, and the farmyard was still a wasteland of tumbledown pig sties, tangled wire netting and mud. The house itself hadn't been updated in 70 years. Close to dereliction, it had archaic plumbing, while the electrics seemed to be treacherous. Even so, the owner had lived in the village for 50 years and she knew it was in a prime location, ideal for commuters with young families.

Restoring the property had been a challenge. It needed gutting from top to bottom, and skip after skip were filled as the house and its garden were gradually stripped back to their barest bones. Yet with destruction, came discovery and the house's true character began to emerge: deep window seats, original fireplaces, exposed beams and wooden floorboards. Bit by bit, the house came back to life. It took more than two years to take shape, then finally it became the place that Polly and Alex fell in love with.

Now the rooms are perfect for Polly's relaxed country decorating with French and Scandinavian influences. 'We feel so lucky that we found this house,' Polly says. 'It feels like the one we had always been waiting for and, despite not owning it, we truly feel that this is home. It is also quite impossible to believe that, not too long ago, this serene and beautiful place was, quite literally, a pig-sty.' >>

Main bedroom
White painted
furniture and ivory
bedlinen are
grounded by
a colourful rug.
Headboard, The
Pine Man. Blanket
box, Josephine
Ryan Antiques.
Console table, Ann
May & Daughter.
Rug, similar from
John Lewis.





FEATURE CHARLOTTE COLVILLE PHOTOGRAPHS BRENT DARBY

Polly's bedroom



Quilted bedcovers

Cosy up your bed with a beautifully stitched quilt.

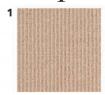
Need to know...

Quilting interlocks the top fabric, an interlayer and backing together for warmth, yet inventive patterns have turned the rows of stitching into an art form, with simple squares and intricate patterns worked by hand or machine. Plain 'wholecloth' quilts, rather than patchwork tops, emphasise the stitched designs. Patterned tops are often reversible and it's not uncommon to find florals on one side with a plain reverse.

Where to buy...

- Dunelm for toile and floral designs.Jen Jones for vintage.
- The Comfi Cottage for plain and printed quilted bedspreads.

Find the perfect carpet





Croft Oxford Rib, **1** Honey; **2** Wheatgrass; **3** Shell, all £35 sq m, John Lewis.



1 Wicker heart, H20cm, £3.95, Dotcomgiftshop. 2 The Little Acrobat by Timothy Easton picture framed in Hampton Ivory, 46cm sq, £94, Art.co.uk. 3 Whitewashed table lamp, H62cm, with linen shade, 30cm diameter, £79, Barker & Stonehouse. 4 Morris & Co Strawberry Thief cushion, 40cm sq, £36, House of Fraser. 5 Decorative birdcage, H35x18cm diameter, £58, Out There Interiors. 6 Blakeney console table, H76xW143x D34cm, col White, £209, Big Blu. 7 Persisk Hamadan rug, 150x100cm, £300, Ikea.





Oxfordshire cottage





At home with...

Owner Rosamund Mengech, a retired teacher and hotel management consultant, who now runs her own holiday cottage business in the Cotswolds. After buying this property 11 years ago, she spent the past four years renovating it. She lives here with bantam hens Mabel and Henrietta and black silkie hen Emily, and has a grown-up daughter, Jebet. House A former bakehouse,

with sections dating back

300 years.

In an earlier life Rosamund Mengech's home was an award-winning bakery. Although it had since become a house, it came with a derelict bakehouse next door that had stood empty for more than 30 years and was ripe for conversion. Rosamund's dream was always to tackle the bakehouse and turn it into another house. 'I like a house with a history,' she says. So with the help of her daughter, Jebet, she set about transforming it into a two-bed cottage four years ago.

The renovation was a huge project, involving structural changes, as well as new plumbing and electrical installation work throughout. After all, Rosamund had essentially bought a shell (albeit a historical one) with an oven.

One of the first jobs was to create a hallway and stairs to allow access to the first floor from what was once the oven area in the bakehouse. You can still see the cast-iron oven door in what is now the living room. 'Before, there was only a ladder up to the loft space,' says Rosamund, 'which I thought I could turn into two reasonable-sized bedrooms.' At some point in the building's history, a section had been built on at the back. By knocking through, Rosamund was able to add a bathroom and a landing connecting all the upstairs rooms.

Passionate about reclamation and recycling, Rosamund then set out to design an interior sympathetic to the period of the building, while retaining as many original features as possible. The floorboards in the guest bedroom and bathroom, for example, are reclaimed timber. 'I like to know the provenance of pieces,' says Rosamund. 'I believe the boards >>>

Kitchen A small table and chairs fit snugly into the compact space, while open shelves give a more roomy feel than high cupboards. Framed bread bags and a baking diploma found in the loft make interesting artwork. Table, Ebay. Units, made by a local carpenter, painted in New White by Farrow & Ball.







Hallway This area originally housed the baker's oven. The builders created an entrance hall, installing a pitch pine staircase and flooring discovered in the loft or bought at a local reclamation yard. Walls, painted in Lime White by Farrow & Ball.

Guest bedroom
Antique bedspreads
and cushions made
from vintage grainsack material evoke
a nostalgic mood.
Jug, lamps, Station
Mill Antiques.
Beds, Ebay.

came from a factory in London.' Her only disappointment was that, after selecting beautiful, aged wood for the stairs, the boards were delivered freshly planed. 'I had to distress and stain them to match the rest of the boards,' she says.

Luckily, she unearthed plenty of treasures in the loft to use in her renovation. Unusually, the floor was made from Cotswold flagstones, which she moved down to the hallway. 'I'm amazed the loft floor took the weight, but it was directly above the oven, so it had to withstand the heat,' she says.

She also discovered old grain sacks, baking tins and diplomas, which she framed. 'They were a great find, as I love vintage and antique pieces and spent hours scouring markets and auctions for items for the house,' she says.

Meanwhile, the builders had fun putting the cast-iron bath in place, eventually getting it through the barn doors on the first floor that were originally used for the delivery of flour.

Rosamund has given a homespun touch to each room, upholstering furniture and making cushions, to create a comfortable vintage feel. 'Jebet has a good eye and helped source the fabrics,' she says. 'I really enjoy upcycling.'

Gardening is another of Rosamund's passions. She fitted French doors in the living room to open into what is now a flower-filled space with fruit-bearing trees, including a medlar, quince and mulberry. 'When I moved in, this area was just grass,' she says. 'Now I have a traditional plot in keeping with the period of the cottage. Renovating the house and garden has given me a real sense of achievement.' >>

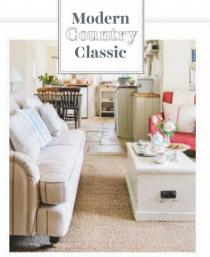


Bathroom Rosamund furnished much of her home with vintage finds and antique pieces. Shelf, Station Mill Antiques. French soap and china, similar from The Old Pill Factory.



Be inspired by...

Rosamund's living room



Storage trunk

Distressed or pristine, a trunk will add instant rustic style to a room.

Need to know...

One of the earliest forms of storage, sturdy trunks were made to withstand the buffeting of travel.

Their wooden staves, metal handles, locks and studs, once practical essentials, now add to the decorative effect. Choose wood, leather or canvas for rustic looks, boho chic painted versions with or without a distressed finish, or on-trend industrial aluminium. Vintage shipping labels add to the faraway feel.

Where to buy...

- Idyll Home for painted metal trunks. • Scaramanga for vintage trunks.
- Shimu for decorated wooden trunks.

Find the perfect limestone flooring



1 Salem grey honed, from £71.98 sq m; **2** French Burgundy tumbled, from £82.80 sq m; **3** Mandalay buff riven, from £30 sq m, all Mandarin Stone.



- **1** Heron brass standing **lamp,** H129xW20xD20cm, with natural shade, £319 (includes shade, 25-30cm diameter recommended), Oka. **2** Andy wooden **trunk,** H40xW80xD45cm, £179.90, Maisons du Monde. **3** New Country Roses **teacup and saucer,** £22, Royal Albert.
- **4** Grain Stripe Peony **cushion**, 40cm sq, £40, Ian Mankin. **5** Grey rattan **log basket**, H53x50cm diameter, £36, Pretty Maison. **6** Osted **rug**, 230x160cm, £55, Ikea. **7** Helena small **sofa** in Jenson stripe, H91xW175xD93cm, col Cardinal, £1,290, Arlo & Jacob.











At home with...

Owners Clare Willison. an artist, and her husband Murray Johnstone, an entrepreneur. The couple own a café, Billy's on the Beach, near their home. They have three grown-up children, Jamie, Eve and Rosie.

House A four-bedroom detached house that was built in 2010.

When Clare Willison was a disillusioned London commuter, she could never in her wildest dreams have imagined that one day she'd step out of her front door, dive into the surf and swim half a mile to work. 'Times have certainly changed,' says Clare. 'Since moving here, my husband, Murray, and I haven't looked back. Opening a café just along the beach from our house has added another exciting dimension to our busy lives.'

Clare, who grew up in landlocked Oxfordshire, first felt the call of the sea while working in London in her early twenties. Craving adventure, she placed an advertisement in a yachting magazine with the wording: 'Girl looking to escape the rat-race seeks crew position on yacht.' An experienced sailor, with his own 36-foot ketch, responded and Clare headed off for what was to become a seven-year stint sailing the world, peppered with incredible adventures.

After returning to London, Clare met and married Murray, and when they started a family they moved to a quaint farm cottage on the outskirts of Chichester in West Sussex. 'While the children were growing up, it was perfect,' says Clare. 'However, when they started leaving home, Murray suggested we move to the coast. Initially, I was unsure as I was so attached to our family home and I knew the children would find the prospect of leaving painful.'

Despite these misgivings, Clare was open-minded and, after six months, the house-hunters discovered a crumbling bungalow on an idyllic coastal plot. The far-reaching views >>

Kitchen Striking blue pendant lights enhance the coastal charm of the bespoke kitchen. Vintage shades, Skinflint Design. Kitchen, Sylvarna Kitchen Design. Worktop, Corian. Bar chairs, Russells Garden Centre.







Clare's studio Located right next to her home, this is perfect place for Clare to work on her driftwood artwork.

out towards the Isle of Wight were captivating and its location on a quiet private road was very appealing.

On further inspection, the pair realised that the dilapidated property, which hadn't been touched for 40 years, was full of asbestos and needed to be knocked down. Luckily, they were able to rent next door while they drew up plans for a new home. 'This worked well, enabling us to get to know the location and tweak our design accordingly, mindful of the prevailing winds and sun's position,' says Clare. 'It was an invaluable insight into how our new home would work for us before moving in, particularly since we'd taken the brave decision not to employ an architect.

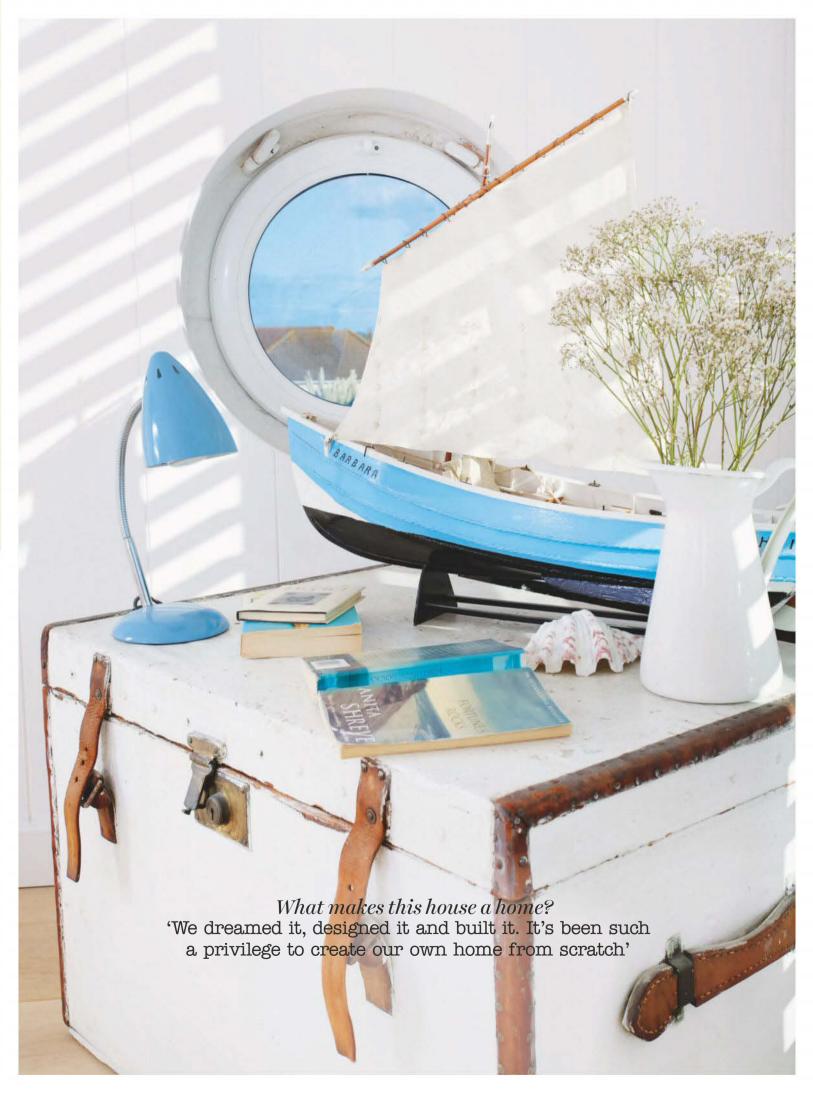
'Our aim was to create a relaxed space with an openplan design and enough bedrooms for the children to visit. We wanted to maximise the views and include surprise glimpses of the sea by incorporating arched windows and portholes, rather than just vast expanses of glass.'

When it came to designing the interior, the couple agreed that white tongue-and-groove walls and oak floorboards would create the perfect nautical backdrop for a scheme in shades of blue, cream and grey to echo the surroundings. Clare's driftwood artwork, made from her beachcombing finds, is displayed throughout. 'We adore our home and the best bit is that, the children love it even more than our old house,' says Clare. 'It's a very special place.'

Triftwood Boats, 01243 673560, driftwoodboats.co.uk.

Main bedroom
The bed is
positioned to take
in the magnificent
sea views. Bed,
similar from The
Cotswold Company.
Bedlinen, Soak &
Sleep. Army trunk
(opposite), once
owned by Clare's
father, painted in
Pure Chalk Paint
by Annie Sloan.

Hallway An antique printers' type case, filled with art made from beachcombing finds, is a playful addition. Type case, similar from The Old Printing Shop of London.





Be inspired by...

Clare's kitchen



Bar stool

Perched on a high stool, you can chat to the cook or linger over breakfast.

Need to know...

Stools have moved on from simple science-lab style to seats with a supportive back, comfy upholstered high chairs and adjustable-height gas-lift versions. Check the seat height: you need 25-30cm between the seat and the underside of the bar. Allow 53-64cm width of dining space (or more for chairs with arms), and 35cm between the last stool and the wall.

Where to buy...

- Sweetpea & Willow for a painted tall stool with a slatted back.
- English Abode for a rattan and teak bar stool.
- Neptune for an upholstered stool.

Find the perfect coastal tint paints



Grand Illusions Vintage paint, all £18.95 for 1L, Drift Living.



1 Bedouin salad **bowl**, H13x25.5cm diameter, £20, John Lewis. 2 Wadebridge dining **chair**, H105xW50xD53cm, £640 for 2, Debenhams. 3 Gorenje double oven, BD2116AX, H88.8xW59.4xD54cm, £499, Cookers and Ovens. 4 Dynamic kitchen pendant **light**, H30-133xW30cm, col Pale Blue, £83, Hicks & Hicks. 5 **Canisters**, H20x12cm sq, col Shutter Blue, £28 a set, Garden Trading. 6 Handled **board**, 44x22cm, £25, Sophie Conran. 7 Sherwood painted wine **console**, H85xW150xD40cm, £425, The Cotswold Company.

Earl Grey

Blooming lovely!

Find a new country groove for the latest floral prints with pops of pretty pattern on pared-back and painted furniture



Arrange flowers in jugs and fabric covered pots

Make simple pot covers using fabric remnants and team with sweetly decorated jugs for an informal floral display. See page 62 for details.













Seasonal looks

Dress a bed with flower-filled linens
Layer a luxuriously upholstered bed with abundant florals for a fresh feel in the bedroom. Knitted throws and embroidered cushions add texture. See page 62 for details. >>



FEATURE SARA BIRD. STYLING SARA BIRD, CAROL WORTLEY-BISHOP, MINNA MERCKE SCHMIDT/HOUSE OF PICTURES. STYLING ASSISTANT HOLLY PHILIPS PHOTOGRAPHS. SPIKE POWELL, SIMON SCARBORO, MINNA MERCKE SCHMIDT/HOUSE OF PICTURES

All the details: products and prices

Pages 54-55

Blowning foreign

Arrange flowers in jugs and fabric-covered pots

Rose **jug,** £18, Sophie Allport. Countryside **jug,** £22, Charlotte Macey. **Fabric** around pots, Catherine Rose Blue, £55 m, Cabbages & Roses.

Enjoy summery dining in the garden

Table and **chairs**, similar from The Vintage Gardener and After Noah. **Tableware**, similar from Lavender & Sage. **Glassware**, similar from John Lewis. Turquoise **vase**, similar from Anthropologie. Linen **napkins**, similar from Rowen & Wren. Floral **tunic**, similar from Cath Kidston or Joules. Other items, stylist's own.

Pages 56-57



Add a floral touch to bags and cushions

Laundry bags, made in a selection of fabrics from Bennison and Laura Ashley. Antique galvanised hook rail, £18, Garden Trading. Wensley Peony scarf, £19.95, Joules. Hanging lavender **heart**, £14.99 for 2, Retreat Home. Moss Stitch cushion, £35, Joules. Wire basket, £5.95, Mia Fleur. Emsworth storage bench, £165, Garden Trading. (In left drawer) Roses Hotch Potch dress, £309, Cabbages & Roses. (In right drawer) Fledgling pillowcase, £12; Fledgling duvet cover, £50, both Julie Dodsworth. Lime crate, £45, John Lewis. (In crate) pink A-line sweater, £159, Cabbages & Roses. Floral Velour towel, £22.99, Zara Home. Crochet Trim towel, £12, Laura Ashley. Armchair, similar from Lavender & Sage. Geranium cushion, £48, Laura Ashley. Maddi cardigan, £109, Cabbages & Roses. Cashmere throw, £550, Johnstons of Elgin. Lohals rug, £65, Ikea. Coat, shoes and other items, stylist's own.

Mix and match colourful crockery

Wooden plate rack wall **shelf**, £136, The Orchard. (On plate rack, from top left) Rose jug, £14.50, Sophie Allport. Small Tall jug, £28, Rebecca Callis for Madebyhandonline.com. Watercolour bowls, £9.99 each, Zara Home. Sorbet Blue Amari **bowl**, £19, Jane Booth for Madebyhandonline.com. (Upper shelf) Wobbler dinner plates, £40 for 4, Loaf. Wildflower dinner dish, £29.99 for 4; Watercolour dessert **dishes,** £7.99 each; Wildflower dessert dish, £29.99 for 4; Wildflower soup dish, £29.99 for 4, all Zara Home. Mini porcelain floral heart bunting, £15.95, Amanda Mercer at Not on the High Street. (Lower shelf) Watercolour dinner plate, £9.99, Zara Home. St Germain dinner plate, £9.50, Marks & Spencer. Rose Solo side plates, £11 each, Sophie Allport. St Germain side plates, £7.50 each, Marks & Spencer. Felicity side **plate**, £9.50, Burleigh. (Hanging from hooks) Blue Parsley mug, £12; Countryside jug, £22, both Charlotte Macey. Azalea heart mug, £14.50, Dimbleby Ceramics. Polka wallpaper, £40 a roll, Sanderson.

Pages 58-59



Make a flower wreath

Wire **wreath** and florist's **wire**, Florist Supplies UK. **Chair**, similar from The Vintage Gardener.

Bring the outside in with a curtain edged in blooms

Curtain, (main panel) Drift, col Sandstone, £43.90 m, Linwood. (Border) Cottage Garden, col Sky/Periwinkle, £47 m, Sanderson. Elga **table**, £384, Nordal at Out There Interiors. Baloo glass **bottle**, £29.95 for 4, Nkuku. Wirework nesting **trug**, £42 for 2, Garden Trading. Terracotta **pots**, from 99p, Wyevale Garden Centres, painted in Vert de Terre and Light Blue, both £21 for 750ml Estate Eggshell, Farrow & Ball. **Stationery**, from a selection, Julie Dodsworth. Giant **basket**, £30, Cabbages & Roses. Cashmere cable-knit **cushion**, £175, Johnstons of Elgin. Tudor Rose **wellies**, £29.99, Wyevale Garden Centres. Book, stylist's own.

Pages 60-61

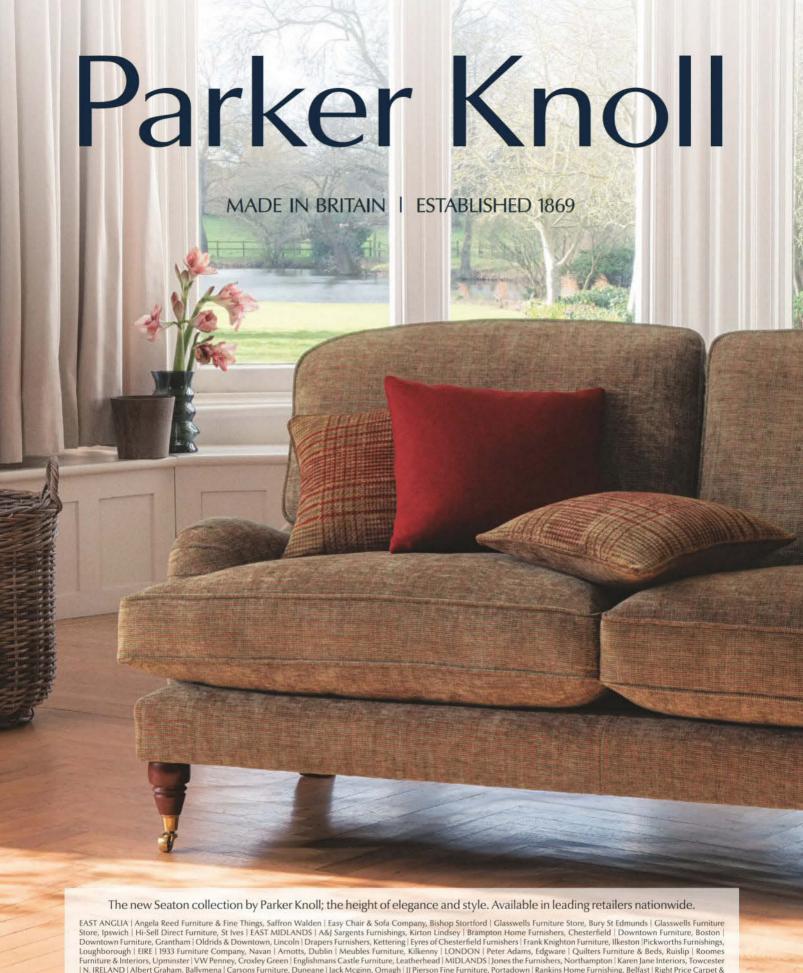


Create a posy and petal backdrop

Wallpaper (in basket, from left): 1 Cottage Garden, £44 a roll, Graham & Brown. 2 V&A Chinoiserie, col Duck Egg, £19.99 a roll, Homebase. 3 Dummer Rose, £70 a roll, Cowparsley at Home. 4 Geranium Pale Topaz Floral, £39 a roll, Laura Ashley. (Beside basket, from left) 5 Ninette Berry Pink Floral, £39 a roll, Laura Ashley. 6 Bethany Floral Apple Green, £13 a roll, B&O. Wire basket, £20, John Lewis. Folded fabrics, from a selection, Bennison. (On top shelf) Spot pitcher, £17, Susie Watson Designs. Blue faux silk scabiosa flowers, £1.79 for a spray, Julie Dodsworth. Fresh flowers, from a selection, Pesh Flowers. Glass vase and ribbons, stylist's own.

Dress a bed with flower-filled linens
Frenchie upholstered bed, £895, Loaf. Chelsea Floral
duvet cover, £75; pillowcases, £12 each (floral); £10
each (stripe), Joules. Olivia cushion, £40; Elba throw,
col Duck Egg, £150, Bedeck. White flat sheet, £16,
John Lewis. Lemington Seaspray Polka Dot throw, £55,
Laura Ashley. Klack tray, £4.50, Ikea, painted in Light

Blue, £21 for 750ml Estate Eggshell, Farrow & Ball. (On tray) Honey Bees pitcher, £42; Spot mug, £17.50; Oscar side plate, £18.50, Susie Watson Designs. Blue faux silk scabiosa flowers, £1.79 for a spray, Julie Dodsworth. Fresh **flowers**, from a selection, Pesh Flowers. Baloo blue glass **bottle,** £29.95 for 4, Nkuku. Matilda sheer **curtain,** £15 for 2, Ikea. Blue **chair,** similar from Pimpernel & Partners. (On chair) digital radio, col Rose & Bee, £150, Emma Bridgewater. Baloo green glass bottle, £29.95 for 4, Nkuku. (Under chair) wire basket, £25 for 2, Barker & Stonehouse. Frenchie Boutique Lavender Trim **towel**, £4.95, Sweetpea & Willow. Embroidered flowers towel, £9.99 for 3, Zara Home. Heyland & Whittle bath melts, £20 for a pamper set, Moonpig. Sheringham rug, £175, Laura Ashley. Oval basket, £173 for 5 assorted, Out There Interiors. Merino throw, £150; cashmere throw, £550, Johnstons of Elgin. Side table, candle, slippers and book, stylist's own.



Furniture & Interiors, Opminister | VW Penney, Croxiey Green | Engishmans Castle Furniture, December | MIDLANDS | Jones the Furnishers, Northampton | Karen Jane Interiors, Iowester | N. IRELAND | Albert Graham, Ballymena | Carsons Furniture, Duneane | Jack Mcginn, Omagh | J) Pierson Fine Furniture, Portadown | Rankins Home Furnishing, Belfast | Right | Price Carpet & Furniture, Coleraine | Warden Bros, Newtownards | NORTH EAST | Christopher Pratts Fine Furnishings, Leeds | NORTH WEST | Country Pine & Oak, Keswick | Cousins Furniture, Manchester | Doorway to Value, Chorley | Stokers Fine Furniture, Chester | Stokers Fine Furniture, Southport | SCOTLAND | Andersons, Inverurie | Choice Furniture, Carlisle | Hampton & McKurray, Glasgow | George Tannahill & Sons, Kilmarnock | SOUTH | Furniture Superstore, Wokingham | Kenmore Interiors, Hitchin | RH Sands & Sons, Maidenhead | Collingwood Batchellor, Worthing | Peter Green Home Furnishers, Chandlers Ford | Southons Furniture, Salisbury | SOUTH EAST | Bentley & Hall, Hastings | SOUTH WALES | Hafrens Furnishers, Llanidloes | SOUTH WEST | Charltons Furnishers, Torquay | Haskins Furniture, Shepton Mallett | Park Furnishers, Bristol | TR Hayes, Bath | WEST MIDLANDS | Cousins Furniture, Dudley | Cousins Furniture, Tyseley.

www.parkerknoll.co.uk





- **2 Carry delicious cloudy lemonade with a vintage twist,** 4 drinking jars in carrier, £14.95, Dotcomgiftshop.
- **3 Stash away snacks for the journey,** Clouds sandwich boxes, £8 for 2, Cath Kidston.
- 4 Chill food in a foil-lined cool bag, Multicolour Geometric lunch bag, £3.95, Dotcomgiftshop.
- 5 Make sandwiches squashproof by popping them in an aluminium box, Adventure Begins lunch tiffin, £19.95, The Little Picture Company.
- **6 Lie back and watch the sky,** Clouds waterproof picnic rug, £35, Cath Kidston.

- **9** Sip your cold or hot beverage at the press of a button, Paradise Flowers one-touch flask, £22, Cath Kidston.
- **10 & 11 Stock up on supplies to tuck into later,** stackable tiffin boxes, £32 each, Tiffinware.
- **12 Put a lid on it,** Amarelo bottle with yellow stopper, £6, Habitat.
- **13** Transport fragile glass safely in a metal holder with sturdy wooden handle, Bottle carrier, £30, Garden Trading.
- **14 Quench your thirst while out and about,** Wild & Wolf Thoughtful Gardener water bottle, £12.95, Bloomsbury.
- handle, blanket strap, £32, Tolly McRae.

 17 Keep soup hot or refreshing drinks
- cold for up to 24 hours in this clever flask, Thermos Vintage flask, £30, John Lewis.
- **18** Prevent damp bottoms with a chevronstriped blanket with waterproof backing, Jolly Striped picnic rug, £70, Berry Red.
- **19** Travel with a nip of your favourite tipple in a pocket, Wild & Wolf Cartography hip flask, £24.95, Bloomsbury.
- 20 Pick a perfect place to spread out a luxury herringbone blanket, Picnic rug, col Fox, £99, Tolly McRae.





- 5 Enjoy beverages from sunny-coloured outdoor-friendly mugs, Muscat enamel mug, col Yellow, £12.50, Garden Trading.
- 6 Pour a round of refreshments, Two Tone jug, £12.50, Marks & Spencer.
- 7 Serve snacks on pretty patterned plates, Ric Rac melamine plate, £5, Cath Kidston.
- 14 Serve lunch fit for an explorer, House Explore melamine side plate, £3, John Lewis.
- 15 Wet your whistle en route, Acrylic Bubble highball glass, £3, Marks & Spencer.
- 16 Drink from fun-coloured melamine, Rice small curved cups, £14 for 6, Debenhams. 17 Bring a ray of sunshine to lunchtimes, Nadi
- pieces, Talking Tables.
- 22 Make dining a colourful occasion, Indigo melamine side plate, £3.50, Marks & Spencer. 23 Serve with a smile, You Are My Sunshine plate, £19.50, Pedlars.
- 24 Take a seat on a soft lambswool blanket, picnic rug, col Lemon Zest, £99, Tolly McRae. >>



Scents of summer fill your home with easy-to-make aromatic citrus and herb fragrancers Create homemade pot-pourri









Enjoy fresh scents for longer

Modern Country Maker

To preserve the perfume of your homemade fragrancers for as long as possible, follow our simple tips for harvesting and preparing.

* Collect herbs early in the morning, just after the dew burns off, as this is when the oils are most potent.

* Harvest flowers
when they first open,
because they're at
their most aromatic
and visually pleasing
then. Handle carefully
to avoid bruising and
losing the scent.

★ Pick and use citrus fruit straightaway, if using homegrown, or purchase just before use for shop-bought. Store in a cool dry place, unless you plan to use immediately, to prevent spoiling.

* Try adding scented oils to enhance the fragrance of herbs, flowers and fruit – blend different oils, such as orange and geranium for a summery perfume, or lavender and lemongrass for an uplifting aroma. »



SEE PAGE 133 FOR PHONE NUMBERS AND WEBSITES

How to make it ...

Create homemade pot-pourri

Making pot-pourri is much more satisfying than using shop-bought.

Line the base of a roasting pan with greaseproof paper. Carefully pick the leaves, petals and buds from gathered herbs and flowers. Scatter on the tray, along with thin slices of citrus fruit, and place in the oven at a low temperature (110°C/Fan 90°F/Gas ½) for a few hours. Keep an eye on the petals, as they can catch easily. Once cool, use a dropper to sprinkle over a few drops of your favourite essential oil. Blend, then place into a bowl, ready for use.



Non-stick **roasting pan** with integral
handle, £149,
Summerill & Bishop.
Collapsible **steaming basket**, £7.49, Denny
& Sons. For a dropper,
try teat pipette (for
25ml bottle), £3 for 6,
Amphora Aromatics.

2 Display and dry fragrant herbs

Tie herbs to a wreath to create a perfumed display. Cut herbs — and flowers, if you like — leaving long stems, and group into even bundles. Tie with twine, then secure into place on the wreath, hanging each bundle an equal distance apart. Hang the whole wreath with plaited twine or rope tied to four sides. ** Try different herbs to get a variety of scents. Mix lavender and rosemary for an intense perfume and, when dried, use to scent linens; or gather mint, thyme

and rosemary for culinary purposes.



Wreath, from a selection, D Byford & Sons. Jute twine, £2 for 33m; string trim natural spool, £4 for 3m; hessian, £8 for 2m, Hobbycraft. Ribbon, from a selection, Jane Means.

3 Perfume with orange peel flowers

Scent linens and laundry cupboards with aromatic orange peel flowers.

Peel an orange, taking off the coloured outer skin and some of the pith, making sure the peel comes off in one piece. Cut a small length from the top end, measuring about 5cm, and roll into a cone shape. Take the remaining peel and, starting from the bottom end, roll up around the cone, keeping it tight and shaping as you go. Place on tissue while you make the other peel flowers, then arrange in dishes with herbs and tiny flowers.



Tahiti sundae dishes, £8.95 each; glass dish (top of a Weck jar), £35.70 for 6; basket, £14.50; Summerill & Bishop. Ribbon, from a selection, Jane Means. Bedlinen, from a selection, Cologne & Cotton.

4 Gently heat a simmer pot

Make your whole home smell amazing with a steaming pot filled with fresh herbs and citrus fruit.

Simply fill a saucepan with water, then chop up your favourite scented herbs and fruit – such as our choice of rosemary and lemon – and add to the water. Bring to the boil before turning the heat down to create a steady simmer.

*Tip If the liquid gets too low, simply add a little more. When you've finished simmering, you can bottle and store the liquid in the fridge to re-use another time.



Saucepan, for similar try Lakeland. Ladle, £3.96, The Cooks Kitchen. Tea towel, £15.95; tablecloth, £195; vase, £16.95; jug, £12.50, all Summerill & Bishop. Enamel mugs, £8.50 each, Garden Trading.

5 Light citronella candle jars

keep mosquitoes away with citronella candles. Wrap wire around the rim of a jar, then make into a loop for a handle. Add fresh lemon peel and rosemary sprigs to the jar to keep the water clear. Pour in some water, then add a couple of drops of citronella essential oil and give a gentle stir. Place an unscented floating candle on top of the water and light to keep your home and outdoor dining spaces mozzie free.

* | \(\tau \) Shake in more citronella if required – or add country favourite lavender for a high-summer scent.



Kilner **jars**, £6.50 for 3; **hessian**, £8 for 2m, Hobbycraft. Fenomen **candles**, £3.50 for 24, Ikea. Citronella essential **oil**, £3 for 10ml, Amphora Aromatics. **Ribbon**, from a selection, Jane Means. **Wire**, garden centres.

6 Make citrus room fragrancers

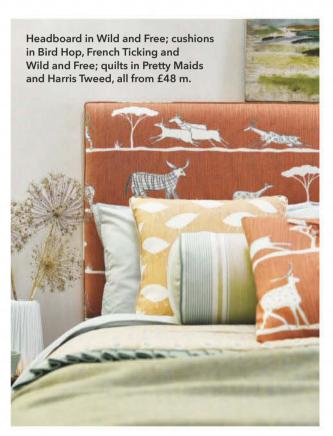
Dot these simply crafted fruit pomanders around the home. Cut citrus fruit in half, remove fruit centre and pat dry with a paper towel. Pour some sea salt crystals into a bowl (add spices or cloves if you like) and shake in a few drops of essential oil. Stir, then add a few more drops, if necessary, for more scent. Press the mix into the citrus half. Cut a circle of muslin about 2cm larger in diameter than the fruit half and place on top. Hold in place with an elastic band before covering with ribbon or string.



Orange essential oil, £2.28 for 10ml; teat pipette (for 25ml bottle), £3 for 6, Amphora Aromatics. Muslin, £7m, John Lewis. Ribbon, from a selection, Hobbycraft.

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he essence of modern country style, Vanessa Arbuthnott's fabrics, wallpapers and oilcloths come in a beautiful palette of understated colours and a mixture of plains, stripes and whimsical motifs. The fabrics are printed in the UK on either eco-friendly 100% linen or on linen union (a linen/cotton mix using organic cotton). This year, for the first time, Vanessa's daughters, Rose and Flora, have joined her to create the Wild and Free and Bird Hop designs, respectively – these designs, plus 100% British Wool Harris Tweeds, form the Birds and Beasts collection (shown here). Quirky and fun, they are available in new Terracotta, Kale, Soft Damask and Tomato colourways, as well as old favourites.

• How to claim your discount

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This discount is available on fabrics, wallpapers and oilcloths. It is not available on sale items, furniture, rugs or on the Made to Measure service. The discount applies to the total order excluding delivery charges. It only applies to full-priced items and is not valid with any other offer or discount. Refunds of products will reflect the price originally paid. Discounts cannot be added retrospectively to an order. This discount is applicable to orders made on vanessaarbuthnott.co.uk and in store only. It cannot be used for phone orders. To redeem in store, present this discount page at point of purchase. Photocopies will not be accepted. Offer available from 9 July to 16 September 2015.



VANESSA ARBUTHNOTT

66 I'm passionate about working in a kitchen garden and sharing my knowledge 99

West Dean gardener Sarah Wain

arah Wain grew up near Melbourne in Australia and studied horticulture at university. She met her partner, Jim Buckland, when they were working at Kew Gardens. One of the UK's most successful gardening couples, they took up their respective roles at West Dean 24 years ago. West Dean is renowned for its restored garden with an Edwardian pergola, newly restored sunken garden, walled kitchen garden, Victorian glasshouses and a beautiful parkland walk with views of the South Downs. Sarah, who holds an Institute of Horticulture award and The Professional Gardeners' Guild Loyal and Outstanding Service Award for 'dedication to the highest horticultural standards', oversees the kitchen garden, flower borders and the glasshouses, in which 250 varieties of chillies are grown. We went to meet Sarah in Sussex...

Where is home? The house we live in is called Gardeners' Cottage, which has its own private garden within the West Dean Estate. The garden here is Jim's playground. Even though we both work long days in the gardens, Jim might still do a stint in our garden in the evening for a bit of R&R. While he's out there, I'll be in the kitchen indulging my other passion: cooking with fresh seasonal ingredients.

What would be your dream house?

A garden is very important to us, and ideally it would have both 'landscape' and a generous vegetable patch. Like our garden here, it would probably be predominantly green, with the emphasis on texture and



foliage, but with subtle spring and summer colours coming through. I'd also like to live near a good farm shop selling local produce, and I'd love a bigger kitchen!

Tell us about your childhood... I loved the countryside where I grew up, the open spaces dotted with giant Murray red gums such as Eucalyptus camaldulensis. When I was growing up, gardens were often built from cuttings and plant swaps. My parents and their friends loved gardening and, although the Australian drought of 1967 caused my parents to give up on vegetable >>









What were your first impressions of the UK? The first thing I noticed was that the air is so moisture laden that it refracts light differently, making the light here quite unlike Australia's. It was such a change, in fact, that I had to get glasses, as I couldn't see as well as I could at home!

What inspires you most about living in Sussex? I'm passionate about working in a kitchen garden and passing my knowledge on to others. I enjoy running study days and it's especially rewarding to help people gain the experience they need to go to college.

Shopping heaven? I love to visit Cowdray Farm Shop near Midhurst, which has wonderful produce and a butcher's shop.

It's Sunday lunchtime - where do you go for a drink? Finding time to sit down in the deckchairs in our garden is heavenly and as far as we need to go. There's a rather theatrical-looking mound of earth in the centre of the lawn that Jim has planted as a wildflower meadow. On the crest of the mound is a stone column topped with a birdbath, with a Latin word inscribed on each side. Loosely translated, it reads, 'I think I'll have another drink.'

What's your favourite thing to grow?

Chervil is such an under-used herb and yet so easy to grow. It's delicious in salads, chicken and fish dishes. My brother-in-law inspired me to use chervil to flavour braised summer vegetables such as broad beans and peas; it also gives depth to vegetable stock. I'm a fan of chard, too. The stalks and leaves are like two different vegetables, and you can cut and come again all summer. I use it in quiche, pies, casseroles and pasta sauces.

How does your perfect weekend shape up?

Having friends to stay. In summer this starts with a Friday evening walk around the gardens before dinner. The courtyard garden to the side of the cottage gets the morning sun, so is an ideal 'breakfast room', while



66 I couldn't live without...

Jim, murder mysteries and food. We work hard so always look forward to the next meal



Favourite apple variety The best to eat straight from the tree is Jupiter.

Hunters or Joules? Neither, steel-capped working boots.

Favourite season? Autumn, I love the light and the way it forms slanting shafts.

Dahlias or chrysanthemums? Dahlias - they're like a series of party frocks. If you could choose one English pud...

The late Katie Stewart's Rich Sherry Trifle, which I make with Madeira.

the courtyard at the front works for lunch or dinner. At this time of year I pick edible flowers such as borage, marigold, chives, garlic chives, nasturtium and elderflower to use when entertaining. Friends also love the cakes and puddings I make from homegrown fresh fruit - around about now, it might be rhubarb streusel cake, apricot and plum cake, or cherry clafouti.

Do you have any other projects on the go?

Along with all my other work, I like to trial different plants each year. This summer I'm growing 25 varieties of calendula to see which produces the best displays of cut flowers. I'll be checking them for height, how the plants branch and disease resistance.

What are the hot issues locally? Slow broadband, but I guess we are used to

that in the countryside now. I don't really get worked up about things.

For opening times and details of gardening talks and cookery courses at West Dean, visit westdean.org.uk. The West Dean Chilli Fiesta takes place 7-9 August.

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njoying your garden on a sunny day is one of the greatest joys of summer, from curling up with a book under the shade of a tree to entertaining guests surrounded by flowers, shrubs and lawn. With a Prime Oak garden room or orangery, you can recapture the essence of that feel-good factor throughout every season.

Founded in 1998, Prime Oak specialises in oak-frame design and manufacture. Its structures are crafted from top-quality seasoned oak to provide extra light and space while retaining the character of your country

home. Prime Oak orangeries (above) can be built to fit under a first-floor window without blocking views, with a glass roof lantern for a bright, airy feel. Prime Oak garden rooms (right) feature vaulted ceilings with exposed oak rafters, huge windows and glazed gables to let natural light flood in. A tiled roof offers insulation and helps to ensure a comfortable temperature all year round. So, whether you're replacing a tired conservatory or creating a new family space, an orangery or a garden room is a great choice for your home and lifestyle.



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PROJECT 1

SHOWER ROOMS

n the morning it's a wake-up call, in the evening a soothing treat. A superb shower raises an everyday experience to something special, especially with well-designed fittings.

Wet rooms are no longer the preserve of chic hotels but are a big trend for home showering, too. Smart, open-plan designs allow the showering space to extend across the room without the barriers of an enclosure. This look relies on the entire room being waterproofed and tiled. Since water will splash everywhere, a glass screen partition is a practical option.

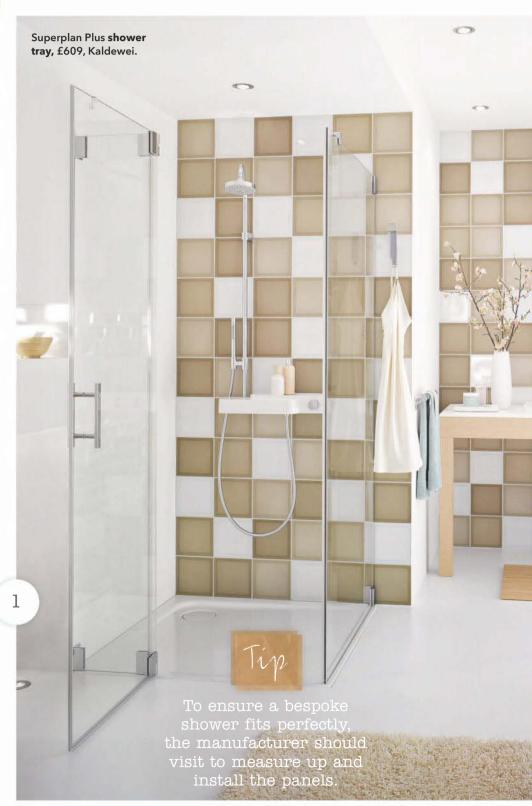
If you opt for a shower enclosure, these too are being given the minimalist treatment. with sleek barely-there designs. 'A frameless shower enclosure creates a similar space-enhancing impression,' says Rob Whitaker, Creative Director, Fired Earth. 'And a low-profile shower tray in a similar shade to the bathroom floor will add to the wet-room effect.'

For a true hotel-style experience, combine an overhead drencherstyle showerhead with waterfall effects, body jets and a practical hand-held shower. A digital shower with a remote control can be turned on from an adjacent room, allowing a few extra minutes in bed.

Slim trav

'Floor-level enamelled shower surfaces like this tray provide easy access, anti-slip options for safer showering and greater comfort,' says Angela Ortmann-Torbett, Sales Director, Kaldewei. 'The high surface quality shows not even the tiniest of scratches and, unlike tiled shower floors with grout lines, the smooth surface is easier to clean.'

Which styles will suit my shower room best?









Rounded view

'Curves are a stylish option as they combine space-saving practicality with elegant form,' says Edel Nicholson, Marketing Manager, Merlyn Showering. 'An offset quadrant enclosure like this also delivers a glamorous look.' >>

Barely-there screen

'When designing a bathroom in a smaller space, a glass floor-toceiling shower enclosure without a door maximises space,' says Steven de Munnich, Design Director, Smallbone of Devizes. 'It also allows details, such as this veined marble, to become a more striking feature.'

Smooth glide

Slotted into a purpose-built alcove and featuring a sliding door, this elegant showering solution is a neat use of space. 'The sliding door is handle-free with a simple slot in the glass to open it, giving a seamless, wet-room look and maximising the space even in the most compact bathroom,' says Rob Whitaker, Creative Director, Fired Earth.



How can I achieve a luxurious wet-room effect?

In the clear

'Low-iron glass used here offers a crystal clear finish on the glass as opposed to the slight green tint sometimes noticeable in standard glass,' says Nicholas Cunild, Commercial Director, Matki. 'The glass has a barely-there appearance, maintaining an elegant divide between shower and bathroom.'

Walk-in recess

'A large bathroom is the ideal space to create a separate wet area,' says Steven de Munnich, Design Director, Smallbone of Devizes. 'Here, a dividing wall separates the shower from the rest of the room. The use of elegant limestone on the walls and floor unifies the two areas and provides a durable finish.'









Some showers can be integrated into a home automation system for ultimate controllability.

Pampering choice

'A custom-built, walk-in shower is the ultimate everyday luxury,' says Mark Booth, Sales and Marketing Director, Dornbracht. 'The rain showerhead and cascade spout make showering a pleasure, while the brassware finish, produced from 18-carat gold and copper, adds indulgent warmth to the design.'





Delicious drenching

A statement showering area unrestricted by screen or enclosure is a winning formula. 'Following the trend for sleek yet practical design, the valve of this mixer shower is installed behind the tiled wall, so that all the emphasis is on the dramatic large-scale showerhead,' says Emma Foster, Senior Marketing Manager, Mira Showers.



Country best Wall-hung towel rails



Trad rad This classic white radiator has smart chrome bars.

• Cabot, £900, Heritage Bathrooms.



Smart buy Switches from a central heating system to electricity for convenience.

• Hart Ball, from £1,044, CP Hart.



Taking shape A chrome-plated rail with a stylish curved top.

• Lincoln Traditional, £149.95, Victorian Plumbing.

Wide open

'Walk-in and walk-through showers with minimal frames create a luxurious open feel, and are seamless and sophisticated,' says Laura Jones, Head of Product, Bathstore. 'We offer a large selection of sleek glass panels, which means that the shower can be tailored to almost any bathroom design or shower-room layout.' »

- How can I deal with awkward spaces?

A new angle

'The main obstacles to overcome in this room were the slanting walls and low ceiling,' says Leanna Fry, Senior Designer, Ripples. 'Designing a walk-in shower area made the most of the limited space. Bespoke made-to-measure glass screens were also added to minimise splash.'

Foldaway solution

'A small bathroom shouldn't hinder you from creating a stylish, practical space,' says Martin Carroll, Managing Director, Duravit. 'This ingenious shower enclosure folds back against the walls when not in use - ideal for creating room to move around.'



Shape shifter

'Shower screens can be adapted to fit most spaces,' says Kirsten Wain, Senior Designer, West One Bathrooms. 'They can be shaped for sloped ceilings, fitted full height, or include cut-outs for dwarf walls. For a minimal effect, choose recessed profiles and frameless glass.'





Large-format tiles make a shower room feel bigger with fewer grout lines on show.



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PROJECT 2

BEDS

Which style should I choose for my child's room?

hen designing a child's room, the bed is, of course, the star of the show. For children, it's all about having a magical place to dream, read and play, but parents will be paying attention to the practicalities, too.

A toddler's bed with low side rails that fits a cot-size mattress is the next step up from a cot; some cots also convert to become a small bed. Another option is an extendable bed that starts short, at around 140cm, and then pulls out to a full-size bed.

In a shared bedroom, sleeping on bunk beds makes bedtime fun for siblings aged six or over, but

safety is paramount. 'Bunks should be joined by internal wooden dowelling with cross fitting screws or metal dowels with intersecting bolts, and the ladder should have traditional wooden joints,' says Dave Knight, Managing Director, Aspace.

In a small room, a cabin bed or mid-sleeper (an elevated frame with storage capacity underneath the mattress) is a good choice. To create even more space, choose a high sleeper - the bed is raised high enough to allow for a desk, a daybed or shelving and - a big plus – even a wardrobe beneath.



Play station

Store clothes or toys in the bed's two drawers. Put books on the four shelves, and write or draw on the full-size blackboard at the foot end. This bed, made using reclaimed fir from old buildings and featuring a bleached finish, will soon put paid to arguments about tidying up!



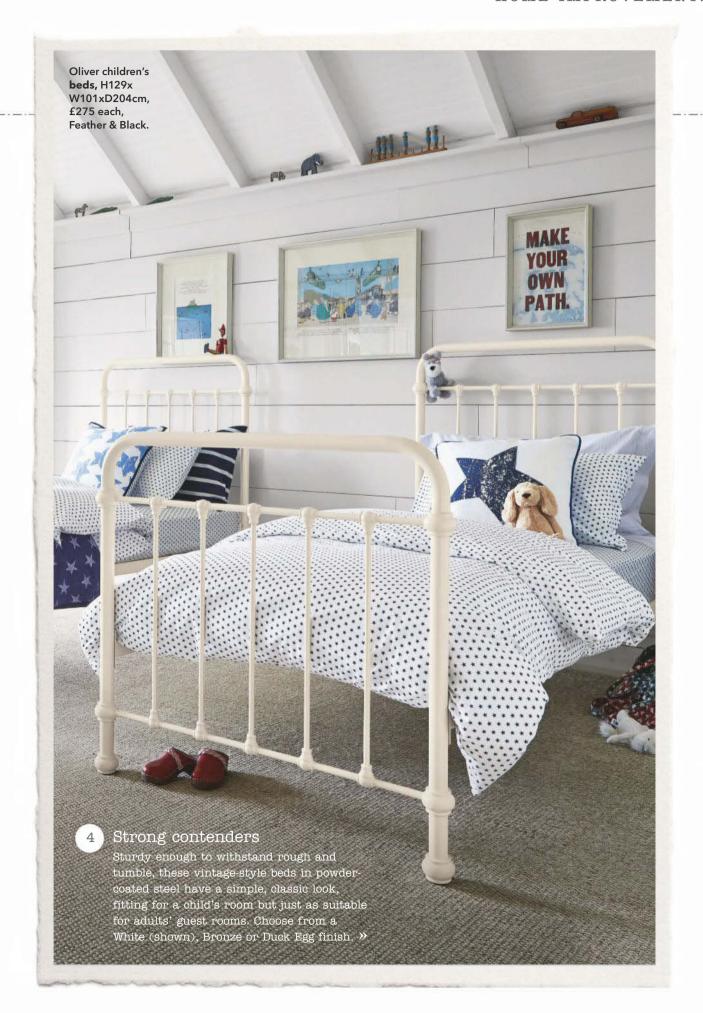
Princess style

An intricately carved mahogany frame with two extra legs at the footboard encloses a woven rattan design that comes straight from a fairytale. With its distressed antique white finish, this sophisticated bed can take a child through to her teens.

Secret hideaway

With plenty of space to play as well as to dream, this mid-sleeper frees up more floor space for toys. Climb the ladder into the treehouse at bedtime and wake up to daylight creeping through the windows and skylight.







Double up

Fun for a shared room, this bunk bed arrangement can be converted later into two full-size single beds (not the case for all bunk beds). The upper bunk is suitable for children aged six plus. It's supplied in self-assembly form, but for an extra fee can be put together by the delivery team.



Cottage design

Kit out a bedroom in storybook style with a bed featuring a c lassic headboard with bed knobs. Made from a mixture of pine and composites, it comes in six colours with either a drawer set, as shown, a single drawer or a truckle bed underneath.



Paint a bed any colour of the rainbow in child-safe paint from The Nursery Paint Company.

Home maker

What child could resist playing house in this novel take on a four-poster bed? Made from solid, sustainable timber, its white-painted frame is perfect for a pared-down modern country look.



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DISHWASHERS

Which design is best for my lifestyle?



fter a good meal, it's great to relax while a dishwasher does the dishes.

And don't feel guilty – they use less water and energy than washing by hand.

The capacity of a model is calculated from a typical place setting of crockery, glassware and cutlery for one person. Standard models take between 12 and 15 place settings; slimline types nine or 10, and a compact counter-top model caters for six.

Useful features include half-load options.

anti-flood devices, delay start and child locks.

Noise levels are rated in decibels (dB), with top-of-the-range models usually the quietest.

High-tech programmes include eco, intensive and delicate cycles, and automatically sense soiling levels and adjust accordingly. Whirlpool leads the way on drying: 'Improved efficiency on our PowerDry models means even plastic items being dried,' says Jennifer Spragg, Brand and Digital Marketing Manager, Whirlpool.

Ratings include scores for energy efficiency, plus cleaning and drying performance.



Best for... low noise
Tested to the equivalent of 20 years'
use, this semi-integrated model won't
let you down, and purrs along at just

• G6410 SCi, 14 place settings, H805xW598xD470mm, £1,200, Miele. A+++AA.

38dB when on its guietest setting.



3

Best for... **country style**Available in a range of country
kitchen shades, this 1950s-style model
has 10 programmes, five washing
temperatures and a small load option.

• DF6FABP2, 13 place settings, H885xW598xD675mm, col Cream, £699, Smeg. A+AA.



Best for... water saving Wash a full load in just 30 or 58 minutes depending on the level of dirt. This eco-warrior dishwasher uses just 6L water.

• DSFN6839W EcoSmart, 13 place settings, H850xW600xD598mm, £349, Beko. A+AA.



Best for... drying
An innovative airflow system removes the steam so that even plastics will come out dry. Its 28-jet spray system scours pots and pans really clean.

2

• ADP 900 IX 6th Sense, 13 place settings, H850xW597xD590mm, £593.99, Whirlpool. A+++AA.



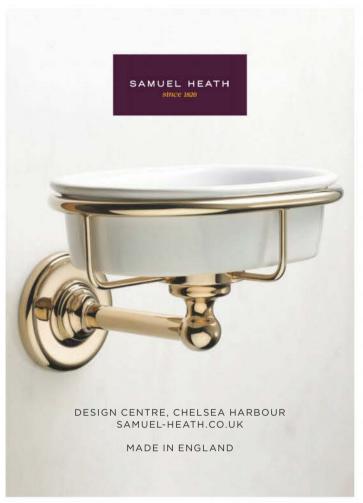
Best for... families
Features include easy-loading
adjustable baskets, a hygiene-plus
programme for knives and chopping
boards, and a childproof lock.

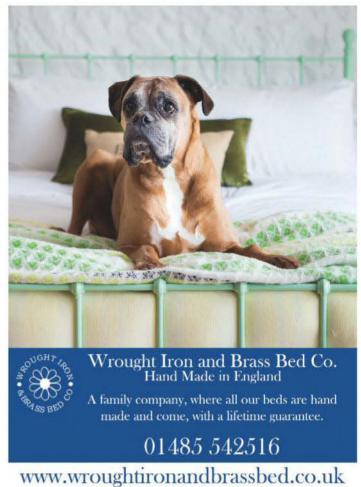
• SN278W01TG, 14 place settings, H845xW600xD600mm, £700, Siemens. A+++AA.



Best for... integration
Hidden behind a door to match your
kitchen units, this dishwasher offers
five programmes, a water softening
feature and a handy delay timer.

• Di625, 12 place settings, H815xW598xD550mm, £441, Caple. A+AA.







Garden Rooms, Orangeries, Windows & Bi-Folds

PRINTE OAK

Design secrets

The Country Decorator

Beams may be the structural bones of a building, but they also have aesthetic appeal. Use them to create striking features when decorating or renovating your home



Create a focal point A large beam above an inglenook fireplace forms a border and makes a spectacular focal point for a country living room. If the beams were originally painted black, say Paula Barnes, Director, interior design company Eliza Barnes, 'You could revert to a natural oak finish or repaint them in a pale colour to lift the space and make it feel lighter.'



Go up a level

Mezzanines, by their very nature, can obscure the character of old buildings. Marc Gani, architect, Lewis Foster Lewis Architects, advises, 'When carefully exposed and sensitively cleaned up, the old timber structure can add patina and enrich a space that would otherwise appear as a new addition to a home.'



Find the perfect match For a contemporary rustic feel in the kitchen, add units in similar tones to the beams. Adam Hills, Founder, salvage design company Retrouvius, suggests using reclaimed timbers. "The patination of old materials," he says, "is more forgiving to the gentle angles in buildings where original beams are often found."



Let in the light

Large windows between beams add daylight to a dark area and create a stunning mix of old and new. As Mark Hudson, Founder, Red House Architects, explains, 'A living space should tie in with the whole. The historical structure is part of this, enhancing our experience of the space.' >>>



Double up Make an eye-catching architectural statement in an attic bedroom by retaining the original A-shaped roof beam and then echoing it by using it as a template for any new structural additions. By teaming a modern painted version with an original wooden beam, you can create a truly individual and interesting feature that also has a practical purpose.



Accentuate the old-style charm of a period property by exposing the original lattice beams. Paint the whole ceiling in a unifying shade of white to make a decorative statement and draw the eye upwards. Team with soft grey furnishings and vintage-style accessories for a simple, yet elegant, French rustic feel.



Wow with white

In a room where the bare wood beams are fully exposed up to the roof apex, they often become the dominant element. For an interior look that feels clean. contemporary and harmonious, paint the wood frame and walls in the same shade of white. Keep the rest of the scheme relatively calm, so as not to divert too much attention from the beams.

Tricks of the trade...

Instead of sandblasting and wire brushing, remove paint from dark beams in old houses with chemical strippers, but patch-test first.

> Douglas Kent, Technical and Research Director, SPAB (The Society for the Protection of Ancient Buildings)



Make a frame Lateral and vertical beams are part of the framework of a building, so consider how to use them to best effect when positioning key pieces of furniture. Exposed beams around a window, for example, can create a beautiful visual backdrop for a freestanding bath on a stand made from simple wooden blocks of similar width.

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At home with...

Owners Garden designer Sara Gadd and her husband Daro Montag, Professor of Art and Environment at Falmouth University, who live here with their nine-year-old son, Eiger, plus Yorkshire Terrier Muffy, cats Sid and Pink, horses Roxy and Peggy and a flock of hens.

House Originally two small late-19th-century farmworkers' cottages.

Garden Just under two acres facing south, bordered by a wild area of dense scrub, known locally as The Moor, that partly shades the site.

The first thing Sara Gadd ever grew, in the two-acre garden in Cornwall she shares with her husband, Daro, and son, Eiger, was a crop of beetroot. 'I just felt I needed to grow something so I dug a two-metre square plot in the field,' says Sara, who continues to grow a wide range of vegetables, including many heritage varieties, at Lower Treculliacks House, near Constantine, north of the Helford River. Although it is her priority to use the land around her house for growing food and fuel, as an artist turned garden designer she also ensures that the garden feeds the eye and the senses as much as the family.

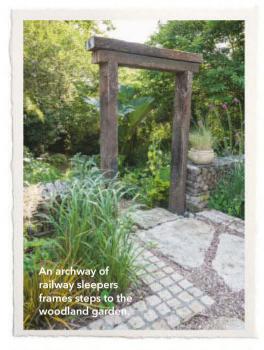
Sara moved to Cornwall from the South East 15 years ago, drawn by the offer of a job at Falmouth University and the area's many great gardens, which she knew from having spent holidays in the county. 'I'd always loved gardening,' says Sara, 'but when Daro and I took on a garden that needed a lot of work doing to it, I realised I didn't have the knowledge for such a big project. So, I enrolled on an RHS course in horticulture at Duchy College.'

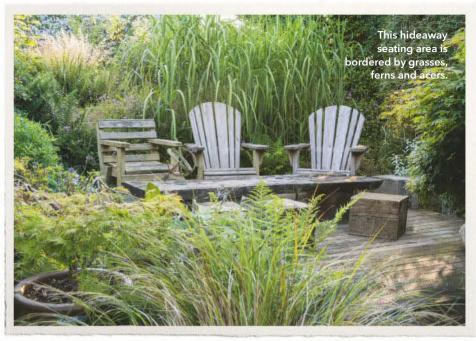
Enthralled by the subject, she went on to do an HNC in Garden Design and Plantsmanship and started a business in 2008, the same year she assisted as a volunteer on the construction of designer Andy Sturgeon's Gold-Medal-winning RHS Chelsea Flower Show garden. It was also the same year she won a competition, shown on ITV West Country, to design a garden for the Eden Project.

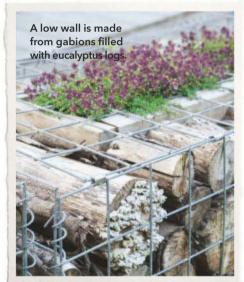
Sara's own garden, which had kick-started her new career, was unpromising material. The soil was very acidic and the \gg

Granite terrace
A chunky oak table
and benches sit in
this sunny spot
beside the house.
Stipa gigantea and
Verbena bonariensis
catch the sun's rays
in an adjoining bed.

Cornwall garden

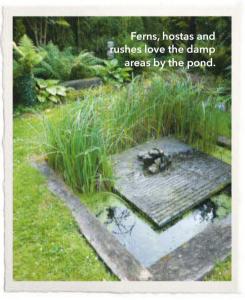




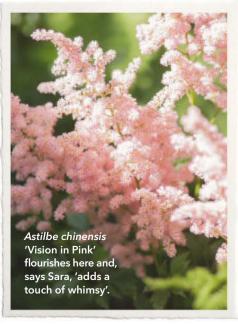


What makes this garden so special...

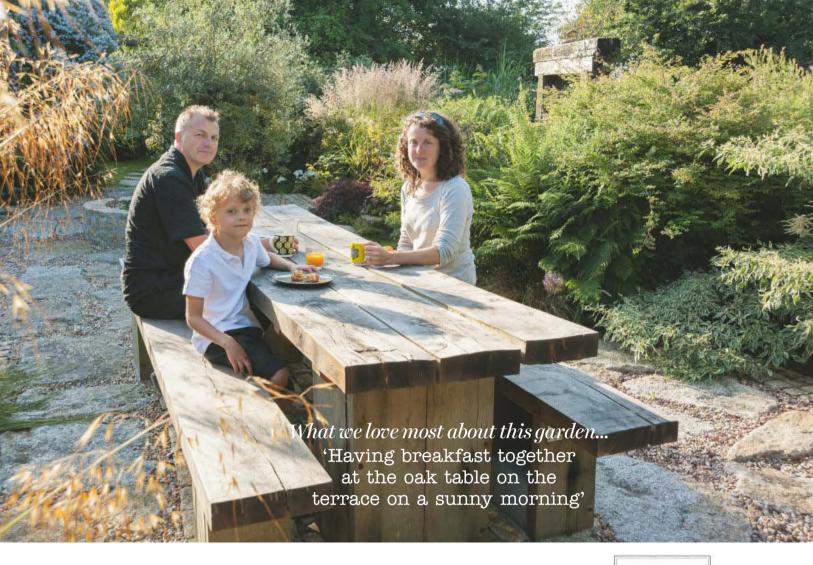
'It reflects the way
we try to live, by
providing food, fuel,
and a place to keep
our minds and
bodies healthy'











plot was bordered on the south side by swampy, wild land that locals call The Moor and was full of grey, sallow willow, hawthorn and blackthorn, which were fast encroaching on the garden. 'We started at the edges, rediscovering the boundaries, and worked back towards the house,' says Sara. 'The first two years were mostly spent removing scrub and brambles and clearing debris, including old greenhouses.'

Although the site faces south, the closeness of The Moor has a profound influence on the garden, shading its southernmost edge, but also lending a dark backdrop against which Sara's brilliant planting stands out. An effect vividly demonstrated at its best on a summer afternoon when airy Stipa gigantea glitters around the terrace with bright Libertia ixioides 'Goldfinger' glowing a deep orange at its feet. Other 'light-catchers' that Sara loves to plant include Calamagrostis brachytricha, a clump-forming grass with fluffy silver flowerheads, and Astilbe chinensis 'Vision in Pink', a soft pink candyfloss flower that does well in damp soils and mingles with ferns, grasses and sedges in the shady area around Sara's studio.

The sunny granite terrace was the last piece of the garden's jigsaw puzzle to be put into place. 'It was a very slow process because we did everything ourselves,' says Sara. 'A local quarryman, Rex Andrew, delivered the stone and Daro manoeuvred everything into position using rollers and crowbars.' Massive slabs of stone are contained by neat grids of granite setts and framed by vertical walls made of timber-filled gabions. 'We used short lengths of eucalyptus '>

Modern Country Classic

Going natural

Choosing material carefully will ensure your garden blends into the landscape.

Need to know...

- Be sensitive to the natural setting of the garden and let the style become looser towards the edges.
- Use locally sourced wood and stone for building terracing or walls to connect the garden to its surroundings.
- Maintain a limited palette of hard-landscaping materials throughout the garden to create a coherent look.
- Select plants that reflect the light to use against dark backdrops or in shady areas.
- Set aside a small area for vegetables for colour and texture - go for unusual varieties that can't be found in shops.



On our doorstep...

Shop at... 'Bailey's Country Store (01326 379888, baileys countrystore.co.uk) in Penryn, an essential shop stocking everything from chicken feed and bolts to organic bread.'

Go for a walk in...

'Constantine Woods, near Falmouth, a wonderful ancient beech woodland, with magical mossy granite boulders and babbling streams.'

Buy plants at... 'Trevena Cross Nurseries (01736 763880, trevenacross.co.uk), near Helston, where you'll find fabulous old olive trees, unusual ferns and great personal service.' logs because it fits with us being dependent on wood for heating,' says Sara.

The terrace, now complete with monumental oak table and benchs and a sinuously shaped olive tree in a raised bed, is a stylish piece of design, providing a secure centre for the garden, an important transition between the house and softer, more naturalistic areas.

Wood is used throughout for its practicality and beauty, from the reclaimed railway sleepers that form grand entrance arches and the polished, tactile tree trunk holding aloft a roof that shelters the walk from house to wood store, to the western red cedar used to build Sara's studio. The house is heated by a wood-fuelled Rayburn, which will eventually be fed, to a degree, by the small woodland that Sara and Daro have planted.

Nine raised beds in the vegetable garden are host to a dazzling array of produce. 'We always grow lots of different varieties, including black and golden tomatoes, red and yellow carrots, and purple peas.' In between building dens in the garden, Eiger will often be sent off with instructions relating to which produce to pick for supper.

Sara loves to share the garden with family and friends, and opened for the National Gardens Scheme for the first time in 2013. She hopes to do so again in 2016 to raise more funds for charity; another role for this beautiful, hard-working corner of west Cornwall.

🖀 gARTen Design, 01326 340493, gardendesignincornwall.co.uk.

Woodland Lofty gunnera, foxgloves and ferns line the shady pathway from the woodland edge of the garden. Through the arch, made from railway sleepers, is the granite terrace beside the house.



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Turn unused grassland into a flower-rich area

- Contact your local council to track down vacant land and get permission to plant on it.
- Organise fundraising events to buy wildflower seeds and spread the word about your project; bake sales, summer fêtes, and sponsored activities are lovely ideas.
- Sow wildflower seed and grasses - visit

buglife.org.uk for planting advice - and allow for mown grass paths for access.

- Sign up volunteers, including people who can help out with regular maintenance and a list of more causal workers.
- Enjoy a picnic invite the community to celebrate the meadow.

4 Have fun at a festival

Festival Fabulous by Ros Badger and Christine Leech (£16.99, Quadrille Publishing) is filled with over 40 craft projects and styling ideas to create a stand-out camping space, from blanket bunting and feather garlands to a colourful patchwork tent.





2 RAISE A GLASS

Hosting a garden party? Impress quests with a refreshing tipple from this stylish drinks dispenser - we love the cute honey pot



10 ways to Make life lovely

Fashion, wellbeing, eco, pets, travel and other nice things



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Look like an English rose

Epitomise this quintessential style in iottage-ganden prints and delicate cottons.

Floral Hettie **jacket**, £299; Floral Diana skirt, £199, both Cabbages & Roses.





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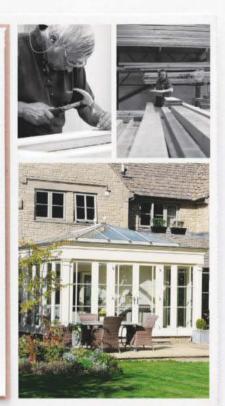
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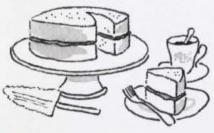
6

Buy British

David Salisbury

David Salisbury has come a long way in 30 years. What began as a one-man joinery business has grown into a team of more than 150 craftspeople, building and hand-finishing hardwood conservatories and orangeries from the factory in Somerset. Traditional carpentry techniques are combined with modern machinery to create bespoke sanctuaries that are perfect for enjoying countryside views. Prices start from around £45,000. Call 01278 764444, davidsalisbury.com.





8 Swap veg for iake

Whether it's runner beans for biscuits or plums for eggs, trade your homegrown goods at a seasonal food swap event. Visit applesforeggs.com to find one taking place near you.





Go wild with...

water mint

Use this sweet-smelling herb around the home - you'll find it growing in very damp areas

- Keep a fresh bouquet in the kitchen to scent the air as you pluck leaves for cooking. Place in an enamel jug for rustic country style.
- Create a natural flea repellent

 bundle 2 parts mint, 1 part
 thyme and 1 part wormwood
 inside a small pillow and place
 near your pet's bed.
- Make a cup of tea. Mint has medicinal properties and is great for soothing an unsettled stomach just pour boiling water over fresh leaves and leave to infuse for 2-3 minutes.



9 Sun shimmers

Give skin an uplifting golden glow

- 1 Perfect for giving skin a dewy look, Complexion Rescue Tinted Hydrating Gel Cream, £26 for 35ml (10 shades), BareMinerals.
- 2 Dust this powder over your face or add some to
- your moisturiser, Shimmer Powder, £25 for 26g (three shades), Ben Nye.
- 3 Try this to enhance your tan, SunKiss Bronze & Glow Enhancing Sunscreen, £35 for 50g, Cosmetics à la Carte. »

SEE PAGE 133 FOR PHONE NUMBERS AND WEBSITES



Holiday on horseback

It's time to saddle up and explore the countryside on an equine escape...



WESTPORT, COUNTY MAYO

We love it because... It's set on the rugged west coast of Ireland, near Croagh Patrick and Clew Bay. Equestrian activities? When the tide is low on Bertra beach, you can enjoy horse-riding along the wild Atlantic shore. Or head to the hills for spectacular views of Clew Bay's 365 drumlin islands.

What is the accommodation like? Spacious comfortable rooms overlook acres of mature gardens and historic Westport House. How much? From €399 per person for three nights with breakfast, including two treks and a therapeutic seaweed bath.

Westport Woods, 00 353 982 5811, westportwoodshotel.com.





CLUMBER PARK HOTEL WORKSOP, NOTTINGHAMSHIRE

We love it because... With pony trekking on the doorstep, it's the perfect horse-riding retreat. Equestrian activities? The

Trek and Treat experience offers easy ambles or full canters through Sherwood Forest. On return, unwind in the luxurious hotel spa.

What is the accommodation like? Contemporary rooms styled in calming hues offer great comfort.

How much? From £125 per person for a one-night stay with breakfast, a trek and a spa treatment.

Clumber Park Hotel, 01623 835333. clumberparkhotel.com.



CHAGFORD, DEVON

We love it because... It's the place to be if you're a seasoned rider who loves a stylish hotel with good food. **Equestrian activities?**

Horseback adventure company Liberty Trails (liberty-trails.com) takes guests on guided rides across the beautiful landscape of Dartmoor exploring open moorland, ancient woodland, rivers, standing stones and granite posts. You can bring your own horse or hire a quality American Quarter horse from the Liberty Trails stables.

What is the accommodation like? The elegant Tudor mansion has a two-Michelinstar restaurant (headed up by chef Michael Caines). How much? From £2,100 per person for a three-night stay, including all meals and two days of horse-riding.

Gidleigh Park, 01647 432367, gidleigh.co.uk.

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Zermatt in the Swiss Alps, viewing the Matterhorn, and trips to Lakes Como and Orta and the island of San Giulio in Lake Orta. • A ride on the Centovalli Railway and a cruise on the lake. • Experienced tour manager throughout.

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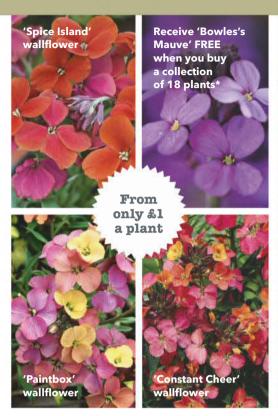
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Perennial wallflowers

Our hand-selected collection of hardy perennial wallflowers (far left) will return year after year, filling the garden with colour.

Perfect for cottage-style borders and encouraging nectar-searching insects, wallflowers are a carefree option for country gardens. Our offer includes 'Spice Island', 'Paintbox', 'Constant Cheer', which reach 60cm high and 45cm spread. Order three plants for £12 (one of each variety); or nine (three of each) for £16; or buy the *Ultimate

Perennial Collection of 18 wallflowers (six of each) for just £21 (saving £11) and get three 'Bowles's Mauve', worth £15, FREE. Plants supplied as chunky plugs (H14cm).

Star jasmine

With thousands of pure white sweet-scented flowers and glossy evergreen foliage, star jasmine is perfect for containers or borders, or for covering a warm wall or obelisk.

Trachelospermum jasminoides, or star jasmine, likes well-drained soil in sun or part shade, and is a slowgrowing hardy perennial. The plants reach 3m in height and spread. Supplied in 9cm pots; buy one for £14 or two for £16 (saving £12).

Terms and conditions Postage and packing costs £5.99 per order. All plants will be despatched in 14 days at the perfect time to plant and enjoy, unless stated otherwise. Online orders will receive an order acknowledgement via email with approximate delivery date. Offer closes 30 September 2015.

All items are subject to availability; we reserve the right to send suitable substitutes or, for paid-for items, offer a refund. If demand exceeds anticipated volumes for free items, we retain the right to replace with products of a similar retail value with no further notice. Offer available to UK addresses only. Reader offers cannot be used in conjunction with any other promotions or discounts. Your contract is with Hayloft, a company wholly independent of Country Homes & Interiors, published by Time Inc. (UK) Ltd. Country Homes & Interiors will collect your personal information to process your order and alert you of news, new products, services and offers available from Country Homes & Interiors and

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Happy hampers

Pack up salads, baguettes and sweet treats in pots, jars and trays, and eat your way to the perfect picnic...

Pink lemonade

Enjoy the ideal hot-day thirst-quencher. »

lemonade







Pink lemonade MAKES 350ML CORDIAL

300g caster sugar 2 lemons, sliced 1 orange, sliced 500g fresh raspberries

- 1 Put the ingredients in a pan with 350ml cold water and bring to the boil, stirring frequently. Leave to cool.
- **2** Strain through a sieve, pushing the fruit down with a wooden spoon. Transfer to sterilised bottles and refrigerate (keeps for a week). To serve, pour a little into tumblers, top up with sparkling water and a sprig of mint if available.

Charred vegetable tray SERVES 4

350g baby courgettes
100ml olive oil
250g asparagus, woody ends removed
150g mangetout
100ml extra-virgin olive oil
1 lemon, juiced
Small handful each of mint leaves, finely
chopped, rocket, pea shoots or watercress,
basil leaves, chopped
Salt and freshly ground pepper
3 tbsp pumpkin seeds
3 tbsp flax seeds
55g Parmesan, shaved

- 1 Cut some of the courgettes in half and peel the others into fine slices. Toss with the olive oil and seasoning in a large mixing bowl.
- 2 In a preheated griddle pan over a medium heat, griddle the vegetables, in batches.
- 3 Mix the extra-virgin olive oil with the lemon juice, mint and seasoning in a small jar. Seal and shake. In a bowl, combine the vegetables with the rocket, pea shoots or watercress and basil. Transfer to an enamel tray and pack in a cool bag with the dressing, the seeds in another jar, and Parmesan in greaseproof paper.
- **4** To serve, toss the salad with the dressing, season to taste and top with the seeds and Parmesan shavings.



Pesto and mozzarella pasta jars SERVES 4

400g penne pasta
55ml olive oil
375g mixed cherry tomatoes
175g basil pesto
200g bocconcini (mini mozzarella), drained
Large handful of basil leaves
Salt and freshly ground pepper

- ${f 1}$ Cook the pasta in a large saucepan of salted, boiling water until al dente.
- 2 Meanwhile, heat the olive oil in a large pan over a moderate heat. Add the cherry tomatoes and a little seasoning, and fry for 2-3 minutes until the skins start to blister.
- **3** Drain the pasta and toss with the tomatoes and pesto. Leave to cool, then cover and chill.
- 4 Spoon the pasta salad into jars with the bocconcini, basil leaves, and season to taste. >>

Roasted pepper baguette wraps MAKES 4

2 small white baguettes, halved and split open 55ml olive oil 225g roasted red peppers, sliced 225g roasted yellow peppers, sliced 150g fresh pesto 200g mozzarella balls, drained and sliced Small handful of basil leaves 100g pitted Kalamata olives Sprigs of oregano to serve

1 Brush the insides of the baguettes with olive oil. Top with the roasted peppers and spread over the pesto. Then add the mozzarella, and sprinkle over the basil leaves, followed by the olives, before closing and pressing down gently.

2 Wrap the sandwiches in greaseproof paper and tie them securely with string. Garnish each baguette with a few sprigs of oregano before serving.

Fruit and nut wild rice salad SERVES 4

250g wild rice, rinsed in cold water
75g peanuts
55g shelled pistachios
75ml olive oil
1 lemon, juiced
2 large ripe peaches, pitted and cut into wedges
Small bunch of coriander, chopped
Small bunch of mint, torn
1 small red onion, finely chopped
2 spring onions, finely sliced
Salt and freshly ground pepper

- 1 Add a couple of teaspoons of salt to 1.5L water in a saucepan, and bring to the boil, stirring occasionally. Add the wild rice, return to the boil, then cook over a reduced heat for 40-45 minutes until the rice grains begin to split and are tender.
- 2 Drain the rice and spread it out on a large tray, leaving it to cool. Meanwhile, add the peanuts and pistachios to a large, dry frying pan set over a moderate heat. Toast until

lightly coloured and nutty in aroma. Remove the pan from the heat.

- **3** Once the rice has cooled, turn into a large mixing bowl and toss with the nuts, olive oil, lemon juice, peach wedges, herbs and the red onion. Season to taste with plenty of salt and pepper.
- 4 Pack into a transportable container and transfer to your cool bag. When ready to serve, spoon the rice onto a serving platter and garnish with spring onion.

$Roasted\ aubergine\ and\ lentil\ pots$ Serves 4

2 aubergines, roughly sliced
150g split yellow lentils
500ml vegetable stock
2 tbsp olive oil
150g soft goat's cheese, roughly diced
125g roasted red peppers in oil, chopped
55ml extra-virgin olive oil
2 tbsp balsamic vinegar
Small bunch of oregano, chopped
Small bunch of marjoram, chopped
Salt and freshly ground pepper

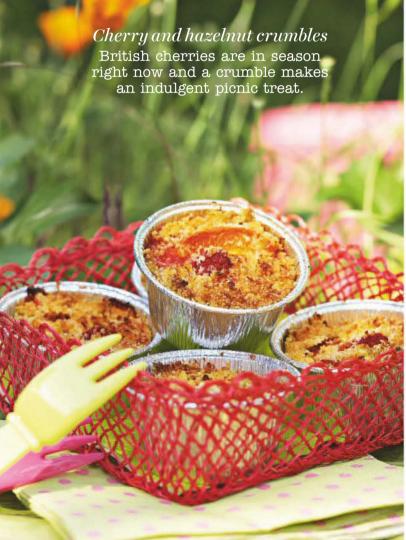
- 1 Preheat the oven to 190°C/Fan 170°C/Gas 5. Lay the aubergine slices on a large tray lined with kitchen paper. Salt generously and leave to stand at room temperature for about 10 minutes.
- 2 Place the lentils in a small saucepan and cover with the vegetable stock. Cook over a high heat until boiling point, then boil for 2 minutes before reducing to a simmer. Cook for a further 15-20 minutes until tender.
- 3 Meanwhile, pat dry the aubergine and drizzle over the olive oil. Arrange in a baking dish and roast for 20-25 minutes until lightly coloured and tender when tested with the point of a knife. Remove from the oven.
- 4 Drain the lentils, if necessary, and combine with the aubergine slices and the remaining ingredients in a large mixing bowl. Stir well and season to taste with salt and pepper. Spoon into jars, cover, and chill, then transport in a cool bag.













375g self-raising flour
1½ tsp bicarbonate of soda
150g caster sugar
3 large free-range eggs, beaten
150g butter, melted
200g natural yogurt
2 tbsp whole milk
12 strawberries, hulled

1 Preheat the oven to 200°C/Fan 180°C/Gas 6. Place paper cases in a 12-hole muffin tin.
2 Mix the flour, bicarbonate of soda and sugar in a bowl and add a pinch of salt. Beat the eggs, butter, yogurt and milk, then stir briskly into the dry ingredients. For the lightest results don't over-mix.

3 Divide the mixture between the cases, and gently push a strawberry into each one. Bake for 20-25 minutes until golden. Transfer to a rack to cool then pack into a tin.

Cherry and hazelnut crumbles
MAKES 4

750g fresh cherries, stoned
4 tbsp caster sugar
1 tsp cornflour
Half a lemon, juiced
Butter for greasing
For the crumble

120g plain flour
85g butter, cut into cubes
4 tbsp caster sugar
4 tbsp hazelnuts,
roughly chopped
Cream, to serve

1 Preheat the oven to 180°C/Fan 160°C/Gas 4. Put the

cherries in a pan with 4 tbsp water and the sugar. Bring to the boil, then lower the heat and simmer until soft. 2 Put the cornflour into a jug and stir in 2 tbsp of the liquid from the cherries, mix until dissolved then add to the cherries. The liquid should start to thicken into a syrup. Remove from heat and stir in the lemon juice. Transfer to 4 buttered foil containers. 3 To make the crumble topping, whizz the flour and butter in a food processor until the mixture resembles fine breadcrumbs. Add the sugar and hazelnuts and mix in. Scatter over the containers. 4 Bake for 30-35 minutes until golden and the fruit mixture starts to bubble up. When cool, stack in a plastic tub. Take a container of cream for serving.

Carrot cake with orange frosting and pecans
MAKES 12 SQUARES

200g self-raising flour
75g sultanas
75g pecans, chopped
1 tsp ground cinnamon
Half a nutmeg, finely grated
1 tsp baking powder
½ tsp bicarbonate of soda
Pinch of sea salt
Half an orange, zest only
3 free-range eggs
175ml sunflower oil
175g soft light brown sugar
200g carrots, grated
For the frosting

100g icing sugar 100g unsalted butter, softened 1 tsp orange juice 200g full-fat cream cheese Half an orange, zest only 25g pecans, some roughly chopped and others left whole

1 Preheat the oven to 180°C/Fan 160°C/Gas 4. Grease and line a 20cm square spring-release cake tin.

2 Combine the dry ingredients in a large bowl, then add the orange zest.

3 In a separate bowl, beat the eggs. Add the oil and sugar, and whisk until combined.

4 Make a well in the centre of the flour mixture and gradually beat in the egg mixture until smooth. Then add the carrots and mix. Pour the mixture into the prepared cake tin and level the surface. Bake in the centre of the oven for 35-40 minutes, until well risen and a skewer inserted into the centre comes out clean. Remove from the tin and cool on a wire rack.

5 For the frosting, sift the

5 For the frosting, sift the icing sugar into a bowl and add the butter and orange juice. Beat with a wooden spoon. Add the cream cheese and orange zest, and beat until smooth. Cover and chill. Smooth the icing over the cake and arrange the pecans on top. Cut into squares and pack into a cake tin.



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66 Living and cycling in France inspired me to start my bike business 99

Classic bicycle shop owner Catherine Tunner

n the idyllic little village of Hemingford Abbots on the outskirts of Cambridge, there are four rather elegant sit-up-andbeg bicycles parked at the entrance to Catherine Turner's showroom next to her home. One of her customers has taken up her offer to visit the showroom and test-drive all her most popular models before buying.

'I became passionate about cycling while living in Paris,' says Catherine. 'As I started to explore the city on two wheels, I fell head over heels in love with the joy of riding a bike.' Catherine and her partner, Jo Easton, and their children, William, nine, and Emilia, seven, had lived in the heart of Paris for six years before they decided to move back to Catherine's roots in Cambridgeshire two years ago.

'In France, bicycles are a practical and economical means of transport and I loved watching the grace and ease of the Parisians who rode alongside me on the city streets,' she says. 'I became less intimidated by the

technicalities of riding, and revelled instead in the ordinariness of it.' It was this that was the inspiration for Beg Bicycles, a quintessentially British bicycle and accessories brand promoting a genteel, accessible form of cycling.

Catherine has always been interested in design and retail and, after leaving university, where she studied Japanese, she worked as a brand design consultant in some of the big London branding agencies. There she gained experience in marketing and developing new products. A five-year stint in luxury retail at Aquascutum equipped her with invaluable knowledge when putting together the concept of the Beg collection.

In the company's infancy, Catherine mapped out her USP for Beg Bicycles as 'a range of beautifully hand-built, classic bicycles and vintage-inspired cycling accessories'. She planned out the look and feel of the products very carefully. She also researched the type of customer she was targeting and the »



message they wanted to portray. 'There was a long, hard year of research – finding the right company to manufacture the bikes before we launched, searching for the right quality of workmanship and style of bike. We scoured blog sites and websites, as well as travelling to various cycling nations such as Denmark and the Netherlands,' says Catherine.

Eventually she found an amazing bicycle building company in the fens of Belgium that has been making bikes since the 1940s. 'I loved its work ethic and the immense effort the company put into building the bikes, plus the fact they could be built to my specifications. We've been working with them ever since.'

Catherine self-funded her business, which meant she had to start off small with a simple online shop and website, making sure a lot of emphasis was placed on the brand identity for it to be a success. Catherine loves photography, so she did all the website pictures. Having her work premises at home was cost effective and put her in closer touch with customers.

Beg has always been Catherine's creative vision, but she joined forces with Co-Director Bea Turner (her mother) with whom she's done various business collaborations over the years. 'We both work together on the



Catherine with the bestselling Bella, in Persephone Pink, £695. The sit-up-and-beg style gave rise to her company's name.

What I love most...
I'm my own timekeeper,
which means if I want to go
to one of the children's
school events or have a bike
ride on a sunny day I can

sourcing and designing of the products,' says Catherine. 'Day-to-day, I look after sales and marketing and Bea is in charge of fulfilment and distribution. A close eye is always kept on overheads and we always try to avoid paying others to do work we could do ourselves.'

Since the company started in 2011, all the research and careful planning have paid off as the company has gone from strength to strength. The bestselling bikes are the Bella and Betty models, priced from £695. 'I'm always very proud and excited when one of the bikes appears in a magazine. It's great to see a celebrity photographed riding one of our bikes, but equally it's a thrill when you get an email from a customer, often years after buying a bike from us, saying that they are still enjoying their bike and how much it has changed their life.'

To extend her brand, Catherine set up Joy Rides, a cycling group organised by her good friend Esther Blaine, who runs excursions, usually at the end of each month, in and around the Cambridge area. The day is mapped out prior to the event by her enthusiastic host, who arranges a meeting point and one or two stop-offs in true British style for coffee, tea and a slice of cake, and sometimes even a pub lunch. 'It's not for the Lycra-clad sporting types but geared more to a relaxed ride and social outing with a chat en route. It's been a lovely way to connect with our customers, too.'

As well as being pleased by the success of the business, Catherine values how much it has changed her lifestyle. 'It's lovely working from home, as I don't have to waste time commuting. My office is in the annexe of our house, so I can close the door to my personal life and focus on work, breaking off, when I need, to grab a sandwich for lunch. For the first time in 20 years we are living close to family, so life has taken on a new dynamic. It's lovely and has been wonderfully liberating.'

Beg Bicycles, 01223 655222,
 begbicycles.com. ≫

My country business





Community pages, websites, events and incentive schemes all play a part

Catherine's business is not just about selling beautiful bicycles and accessories, it's also about engaging with customers and encouraging them to buy into a way of life. If you have a product that links up to a lifestyle, flag up this aspect to create a community buzz. Here are some tips on setting up customer communities, together with information on the cycling incentive schemes.

Create community websites and pages to increase interest in your products This allows you to target your customers with information and news about your company. You can also maintain contact through updates about new products and future events. Interaction between you and your customers keeps them interested in what you're selling and creates a lively, unique site. Most network communities grow through viral marketing, where members' friends invite their friends, making it possible to reach a large number of people with a limited marketing budget. SiteGround (siteground.com) and FeverBee (feverbee.com) are two sites full of good free advice on developing community pages and sites. If you want to start a Facebook community page, there is a help centre on setting one up (facebook.com/help/187301611320854). Users of WordPress.com can enhance

its capability to build a community website through BuddyPress (buddypress.org). How to set up social events Whether you have just started up your business or are already established, setting up events for your company or with like-minded companies will increase interest and awareness of your enterprise. Here are ideas to get you started.

- Make sure you have a social networking platform to set up and give news of your events. Add an events calendar and a 'what's on' category to your community page, and make sure it all links up to your social feeds.
- Do careful research as to what events could work alongside your company and its products.
- Start organising it early and keep customers posted with everything that is happening around your event with pictures and updates.
- Give away free tickets, a shopping discount or run a competition right up to the event.
- Be unique, and aim to delight and entertain.
- Make sure you personally are there at your event and also thank everyone who turns up.

Catherine, Jo and Bea with

fellow cyclists and friends outside Houghton Mill on

a monthly Joy Ride event.

• Ask everyone to promote your events by getting them to share your information. Eventbrite (eventbright.co.uk) provides a professional, simple way to promote your events. Bikeminded (bikeminded.org) has a host of ideas to keep its community site alive from getting involved in charity events to competitions and cycling safety campaigns. Cycling incentive schemes Over the past few years the government has been keen for us to cycle to promote healthier journeys to work and reduce pollution and congestion. To encourage us, it has set up an initiative that gives a tax break up to half the price of the bike. Various schemes, such as Cyclescheme (cyclescheme.co.uk), make it easy for you and your employer to take part. Basically, your employer hires a new bicycle to you in return for a monthly reduction in your salary ('salary sacrifice'). At the end of the scheme, normally 12-18 months, it can sell you the bike. You get a new bike and accessories up to the value of £1,000, which you can pay for monthly. There's

a tax incentive for employers, too, so it's a win-win situation.

Other cycling incentive schemes are run by: bikehub.co.uk, bikeradar.com, bike2workscheme. co.uk and cycle2work.info. For the latest government bike information visit dft.gov.uk/pgr/sustainable/ cycling/cycletoworkquidance.



The one lesson I've learned...

66 Keep a close eye on the minutest of numbers. It's easy if you're creative to get carried away with exciting ideas. To be commercial you need to think about the bottom line

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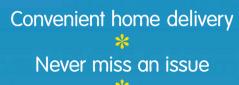












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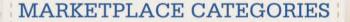
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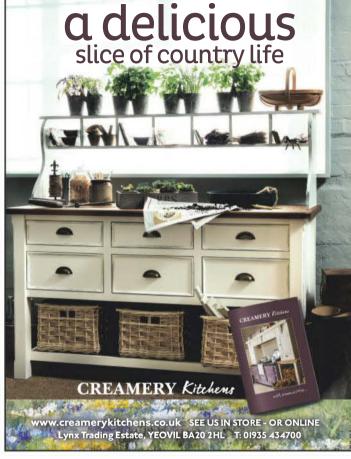
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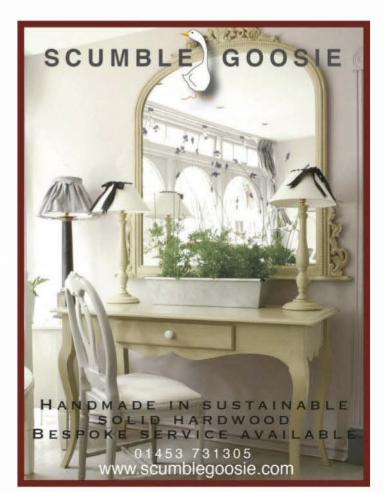


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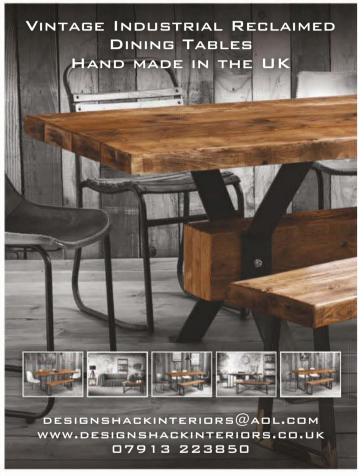


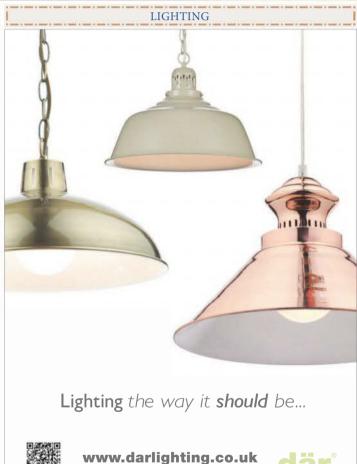




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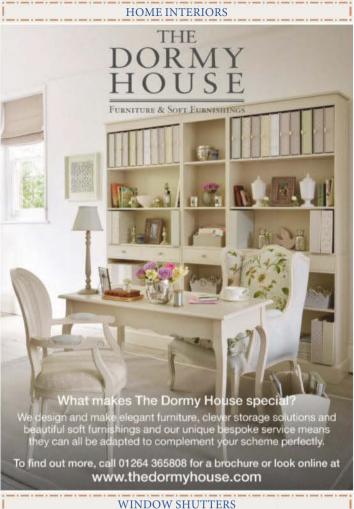
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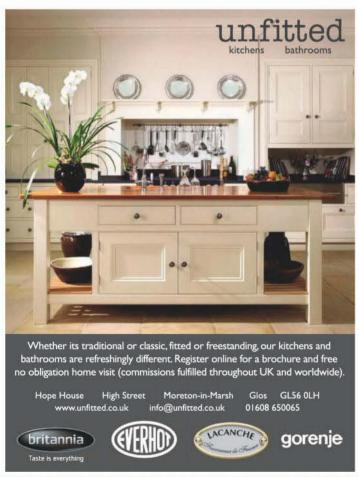








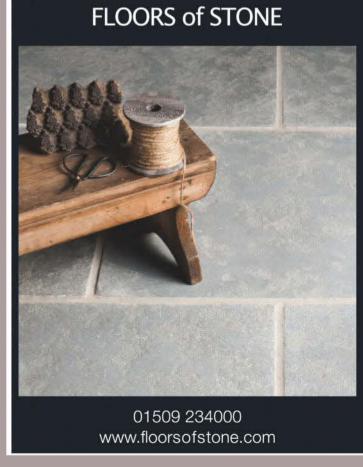




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FEATURE SARAH WILSON **PHOTOGRAPHS** (MAIN) RICHARD MOORE/ALAMY (PORTRAIT) CHRIS TERRY

My favourite view

RESTAURATEUR AND SEAFOOD CHAMPION MITCH TONKS LOVES WALKING HIS DOG AT BERRY HEAD IN DEVON





Mitch Tonks has five restaurants - in Dartmouth (two), Torquay, Plymouth and Bristol. For more details, visit mitchtonks. co.uk. The Seahorse by Mitch Tonks and Mat Prowse (£25, Absolute Press) is out now.

Standing on the southern tip of Tor Bay, Berry Head is awe-inspiring. At the heart of the headland, with its rare plants and butterflies, guillemot colony and sea caves, is 400-million-year-old limestone. I go up there with Charlie, my Chocolate Labrador, two or three mornings a week. The view west towards Dartmouth and Steer Point is stunning. On clear days I can also see east to Portland, Lyme Bay and Torquay. The view varies depending on the colour of the sky, the amount of wind affecting the sea and whether or not the sun is shining.

I've lived in Devon for nine years, and I'm still amazed by how many incredible walks there are. As an early riser, I'm out of the house by 6.30 most mornings. I like to do a 30-minute run or an hour's walk round Berry Head to the bay and back to the house. If there's a problem I want to work through, I've usually solved it by the

end of the walk. I also use the time to come up with recipe ideas. My new book, *The Seahorse*, reflects the spirit of the restaurant after which it's named and celebrates British seafood. The standout recipe for me is Seahorse Crab Salad, local Brixham crab served simply with lemon.

Sometimes on my walks I try to keep my mind empty, and just take in the wonderful sights and smells. Life is hectic and I'm always surrounded by people, which I thoroughly enjoy, but that little moment of peace and beauty that starts off my day – I feel that's all mine.

HOW TO ENJOY THE VIEW

Berry Head National Nature Reserve is signposted from Brixham and situated at the end of Gillard Road. Drive past Landscove Holiday Village up a single-track road to the car park and Visitor Centre.

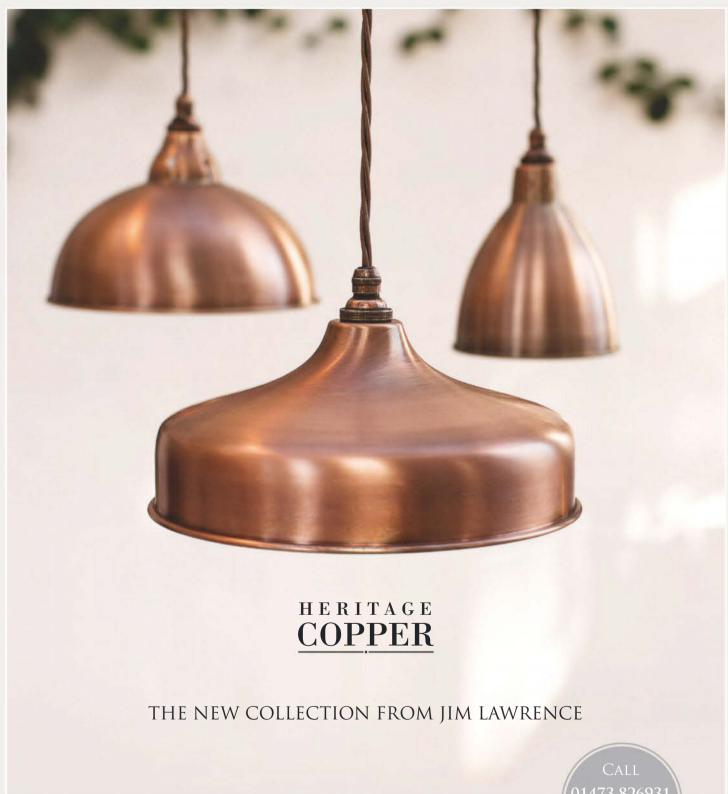


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